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Superior Capsule Reconstruction Instructions

Dane Todd, MD

1. **Ice** the shoulder for 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – Keep your dressings on for 3 days after surgery. Then you may remove the dressings to shower. Please re-apply new gauze dressings over the wound. Do not use any ointment, creams, or lotions on the incision.
4. **Showering** – You may shower 3 days after surgery. Wash your incision gently with soap and water; do not scrub the incision. Pat the wound dry and apply new gauze. Do NOT take a bath or submerge your wound under water (i.e. pools, hot tub).
5. **Sling** – Wear your sling at **all times** except when showering. Remove the sling 3 times daily to perform elbow range of motion. **Do NOT perform ANY shoulder range of motion.** If you had a biceps tenodesis do not perform active elbow flexion. Please perform hand and wrist range of motion frequently as this helps relieve swelling and discomfort.

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Surgery Performed (circled) Side (circled): Right Left

Superior Capsule Reconstruction

Biceps Tenotomy

Biceps Tenodesis

Subacromial Decompression

Distal Clavicle Excision

Weight Bearing Status (circled) –

Full

Touch-down

Partial (____%)

Non

Notes: _____