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## **Shoulder Surgery Patient Discharge Instructions**

Following surgery, it is important for you to carefully follow instructions to prevent possible complications and assure the best possible surgical results. The following instructions will be useful to you.

1. Wear your arm sling when walking.
2. Do not remove your bandages or allow it to get wet.
3. Apply ice therapy for 30 minutes, 4-5 times a day for 3 days.
4. If you have a pain buster guard against dislodging it. It will be removed at your first post-operative visit.
5. Perform arm exercises: 10 repetitions every hour while awake.
  - a. "Pendulum" arm swing
  - b. "Wall walk"
6. Eat a balanced regular diet.
7. Take all medications as directed. Do not mix with alcohol or drive after taking pain medications.
8. Call the office immediately (510-538-0430) if you notice any of the following:
  - a. Pain not relieved by medication and ice therapy
  - b. Pain getting progressively worse after the first 24 hours
  - c. Uncontrollable bleeding
  - d. Fever over 100 degrees, chills or red streaks on hand or arm
  - e. Wet bandages

Your return appointment is for

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Patient Signature

Date