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**POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING
LIGAMENT (LABRAL / CAPSULE) REPAIR SURGERY**

1. As your ligaments have been repaired, it is extremely important that you not stress these ligaments by movement of your shoulder. You should, therefore, remain in the sling at all times until you are given permission by Dr. Caldwell to remove it. If you decide to shower, you will need the assistance of another person to support your arm to remove and reapply the sling. Your arm should never move away from your body. You should wear the sling at all times until Dr. Caldwell gives you permission to remove it. The sling must be worn while you are sleeping.
2. Please leave the bandages on your shoulder in place until _____. On _____ you may remove your bandages and take a shower. Do not remove the steri-strips over your incision sites. Apply only soap and water to your shoulder. After showering please dry your incision sites well. Do not put any lotions or ointments directly over your incision sites. Please cover your incision sites with band-aids.
3. If you have been fitted with a Polar Care ice unit please use this device continuously for the first 3-5 days following your surgery and then as needed thereafter. This device circulates cold water around your shoulder for pain relief and control of post-operative swelling. If you have not been fitted with a Polar Care ice unit, please ice your shoulder for 15-20 minutes 4-5 times each day for the first 4-5 days after surgery and then as needed thereafter. Do not apply ice or Polar Care directly to your skin.
4. You may resume eating after your surgery. Initially begin eating foods such as toast, crackers and clear liquids. You may progress to your regular diet as tolerated.
5. Please call the office to schedule your first post-operative appointment. Our office phone number is #510-663-7700. Dr. Caldwell would like to see you on _____.
6. You have been provided with the medications to take post-operatively. Please take these medications as directed. If you have any questions please call our office for guidance.
7. If you have any questions, problems or concerns please call our office directly.