



Desert Orthopedics Center, PLLC
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Shoulder surgery

Sling Use and Activity Level

- You will be placed in a sling with an abduction pillow after surgery. This is to be worn 23 hours of the day the first 2 weeks. You are to remove the sling at least twice daily to move you elbow to fingers, keeping the shoulder still. You will remove the sling to shower.
- Recommend sleeping in a recliner or with several pillows propped up behind your back and shoulder to sleep in reclined position.
- 0-2 weeks- maintain use of sling with no shoulder motion. Move elbow to fingers daily.
- 2-4 weeks- after your first postoperative visit we will likely remove the abduction pillow and begin passive motion only in shoulder through physical therapy.
- 4-6 weeks- allowed to begin active motion in shoulder through physical therapy.
- 6 weeks + - after this postoperative appointment we will likely begin strengthening exercises through physical therapy.

Incision Care:

- 3 days after your surgery you may let shower water run over incision (no soaking).
- After 3 weeks, you may submerge the incision in a soaking manner.
- If steri-strips were applied, these will fall off on their own

Discharge

- Plan to leave same day or day after surgery
- This will lower risk of infection
- May see increase in financial responsibility with increased duration of stay