



**Columbia University
Shoulder, Elbow and Sports
Medicine Service**

POST-OPERATIVE INSTRUCTIONS OPEN SHOULDER STABILIZATION

Louis U. Bigliani, MD

Office (212) 305-5564
Fax (212) 305-0999

Christopher S. Ahmad, MD

Office (212) 305-5561
Fax (212) 305-4040

William N. Levine, MD

Office (212) 305-0762
Fax (212) 305-4040

Edwin R. Cadet, MD

Office (212) 305-4626
Fax (212) 305-4040

Charles M. Jobin, MD

Office (212) 305-6445
Fax (212) 305-4040

Appointment Scheduling

(212) 305-4565

Mailing Address:

622 West 168th Street, PH-11
New York, NY 10032

Office Locations:

16 East 60th Street
New York, NY 10022

161 Ft. Washington Ave.
New York, NY 10032

500 Grand Avenue
Englewood, NJ 07631

DAY OF SURGERY:

- 1) Use the sling at all times except when doing the prescribed postoperative exercises.
- 2) Avoid resting on the arm and do not lift anything with the involved shoulder.
- 3) It is helpful to sleep with pillows propping you up and with a pillow behind your shoulder.
- 4) Take the pain medication as prescribed.

DAY 1:

- 1) You may remove the bandage and gauze from your shoulder. **DO NOT** remove the white tapes (“steri-strips”). Cover the wound with a clean gauze bandage.
- 2) Keep your bandages and wounds dry. Do not shower until 24 hours after your surgery. If the wounds do get wet, remove the band-aids, pat dry and reapply fresh band-aids.
- 3) Ice should be applied as much as you can during the first 24-48 hours.
- 4) You should begin the exercises as indicated on the attached sheets.

DAY 2-7:

- 1) Continue use of ice as previously outlined.
- 2) Continue shower precautions as previously outlined.
- 3) Continue use of the recommended exercises.

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be **7-10 days after surgery**. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office.