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POST OPERATIVE INSTRUCTIONS
MANIPULATION UNDER ANESTHESIA & LYSIS OF ADHESION

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to shoulder every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. You may take arm from sling and begin moving your arm gently.
- D. Make sure you have your first physical therapy appointment scheduled the first day after surgery.
- E. Make sure that you have a post-op appointment scheduled at least 10 days to 14 days after surgery. Remain in the sling until then.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. You may continue to remove the sling to move your arm gently.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue shoulder motion as tolerated.

4. *Third Post-Operative Day (lysis of adhesion)

You may remove your bandage from the surgical area and shower this evening. You may remove the large bulky gauze dressings, but DO NOT remove steri strips (thin white strips under the gauze) from incision sites - these keep incisions closed and stitches in place. You will need to keep your incision site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower.

NOTE: Your shoulder may be very swollen. It may take a week or longer for this to resolve. It is also common to notice burning/aching around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify our office. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

5. *Suture Removal (lysis of adhesion)

Your sutures need to be removed 10-14 days from surgery at your first post op visit.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113 and ask for Elyse during office hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.