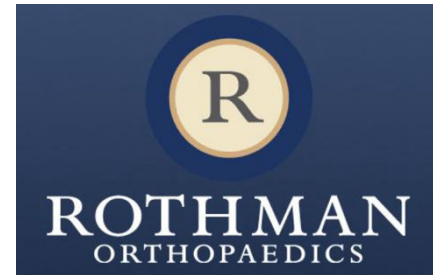


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LATARJET DISCHARGE INSTRUCTIONS

PAIN MANAGEMENT

● ORAL PAIN MEDICATIONS

- Tylenol 325 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
- Naproxen 500 mg
 - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
- Tramadol 50 mg
 - This is a non-narcotic pain medication used in conjunction with the Norco. You should take this medication every evening 4-6 hours as needed for pain, beginning tonight.
- Oxycodone 5 mg
 - This is a narcotic medication. Start by taking one tablet every four to six hours if the Tylenol and tramadol are not controlling your pain. You may take one to two tablets every four to six hours as needed for pain.

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. **YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

● OTHER MEDICATIONS

- Zofran (ondansetron) 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
- Pantoprazole/Omeprazole 40mg
 - This medication is to protect your stomach while you are on the Naproxen

● ICE MACHINE

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours
 -

ACTIVITY INSTRUCTIONS

- **SLING:** 4 WEEKS
 - You will need to wear the sling at all times (during the day and at night). You may remove it to *shower, get dressed, and do your exercises/physical therapy*. When the sling is off you may let your arm hang straight down at the side.
 - You can adjust the straps on the sling as needed for comfort. Be sure that your arm is well-supported and your forearm is parallel to the floor.
 - **We recommend that you DO NOT drive during the period of time your arm is in the sling**

WOUND CARE & BATHING

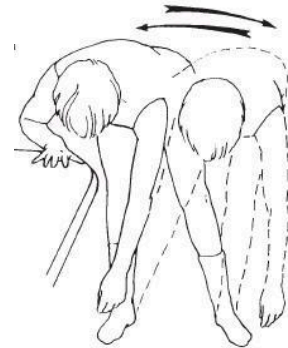
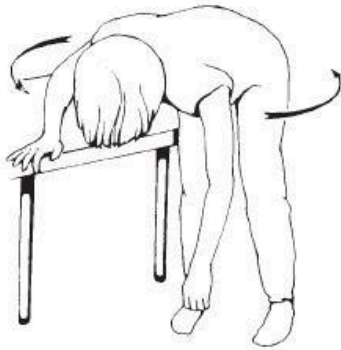
- **BANDAGE**
 - You have a waterproof bandage on the incision. As long as this stays clean and dry, this can remain in place until your first follow up appointment.
- **BATHING**
 - You can shower 2 days post-op.
 - To wash under your arm, bend forward and allow your arm to hang straight to the ground. You should not attempt to lift your arm overhead to wash under your arm.
 - Do not submerge the incision in a bath, pool, or hot tub until the sutures are removed **and** the wound is healed.
- **SUTURE REMOVAL**
 - The sutures dissolve so no sutures will need to be removed.
 - We will remove the dressing in the office

CONTACTING OUR OFFICE

- When to contact our office immediately:
 - Fever > 101.5°F
 - Excessive bleeding from incision(s)
 - Signs of infection of incision(s)
 - Excruciating pain for which the pain medication is not helping

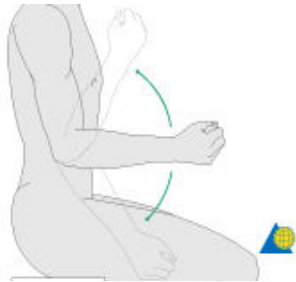
PHYSICAL THERAPY

- Formal physical therapy may begin at four weeks post-op. Your physical therapy prescription is attached to the back of this packet.
 - Physical therapy can be done at the facility of your choice.
- You may begin pendulum exercises at **1 week post-op** and may begin elbow, hand, and wrist exercises listed below **tomorrow**. You can remove your sling to perform these exercises.
 - **PENDULUM EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - Bend forward at the waist using a table for support. Rock body in a circular pattern to move arm clockwise 10-15 times per set. Do 2 sets 3 times per day. Repeat rocking body from side to side and let arm swing freely.



○ **ELBOW MOTION** (10-15 repetitions per set | 2 sets | 3 times daily)

- Remove sling and allow arm to rest at your side (you may perform this sitting or standing). Allow your arm to straighten at the side, then gently bend elbow up. Position forearm with thumb facing up.



○ **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)

- With your arm comfortably supported, gently bend wrist back and forth.
- Curl the fingers into the palm to make a loose fist and then straighten them out.

