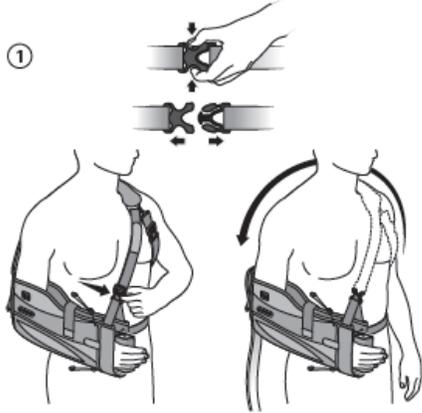


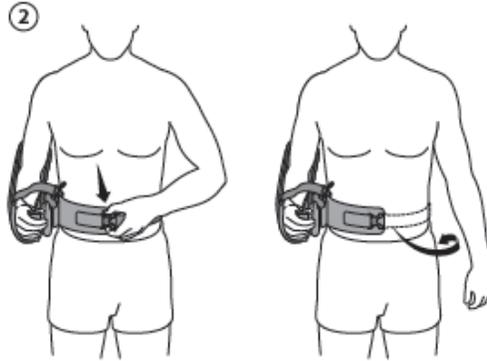
## Discharge Instructions after Surgery:

1. If you have not already done so, please schedule your first physical therapy appointment/bandage change with the physical therapist with OrthoNeuro at 614-890-8382. First appointment is typically 2-5 days after surgery. Please bring a clean shirt to the appointment. In addition, you will need to schedule your first post-operative appointment with the surgeon 10-14 days after surgery if one has not already been made.
2. After your appointment with the physical therapist, you should receive general instructions for wound care. Typically, incisions can be left open to air 2-5 days after surgery. Surgery site must be kept clean. If there is still fluid coming from the incision site keep covered with a bandage. If this persists for 10 days after surgery return to office to have the surgical site evaluated.
3. An ice pack may be used intermittently on the shoulder for comfort. Use a thin towel underneath to keep the bandages and incisions dry. It is recommended to use the ice pack for 20 minutes 3-5 times a day, for 1-2 weeks as desired.
4. Patients can shower the day after surgery but avoid running water directly onto incision for 7 days. Do not scrub or soak the incisions. You may gently pat dry or air dry the incisions when getting out of the shower. Running water is fine, but do not submerge your incisions. Do not get in a hot tub, bathtub, or swimming pool for 3 weeks following surgery.
5. A sling will be provided at discharge. **For the first 24-48 hours after surgery you will need to remove your hand from the sling every few hours while awake to gently straiten the elbow and check for pressure areas.** You should only remove the sling for instructions above, or for showers. You may use the operative arm for activities of daily living that do not require the arm to leave the side of the body (eating, drinking, bathing, writing, etc.). The sling is required for sleeping. Most patients prefer to sleep in a recliner or with several pillows stacked at the head of the bed for the first few weeks.
6. Please fill your post-operative prescriptions, including pain medications before or right after surgery. Patients who go home with a nerve block may only need occasional pain medication.
  - Take pain medication **ONLY** if needed and follow written instructions
  - Pain medication can **ONLY** be prescribed during business hours and **CANNOT** be given or refilled after hours, on weekends, or holidays. **BE SURE TO ACCOUNT FOR THIS SO YOU DO NOT RUN OUT OVER WEEKENDS.** Any calls for med refills should be made by end of business day on Thurs or early Friday morning.
  - A prescribed medication may also be taken as needed for severe nausea.
  - **PATIENTS THAT HAVE HAD A TENDON OR FRACTURE REPAIR SHOULD MINIMIZE THE USE OF NSAIDS FOR 6 WEEKS AFTER SURGERY. (EX: MOTRIN, IBUPROFEN, ALEVE, ADVIL).** This will help the body's ability to heal.
7. Notify us of problems such as: fever over **101.5**, excessive redness or drainage from the incisions, severe tenderness or numbness. If you have questions specifically for your surgeon or their staff, please call 614-839-2145 during office hours and you should receive a call within one business day or less. In case of emergency, you can reach the on-call doctor or one of his staff 24 hours a day, 7 days a week by calling 614-890-6555. The answering service will take your information and a healthcare provider will contact you.

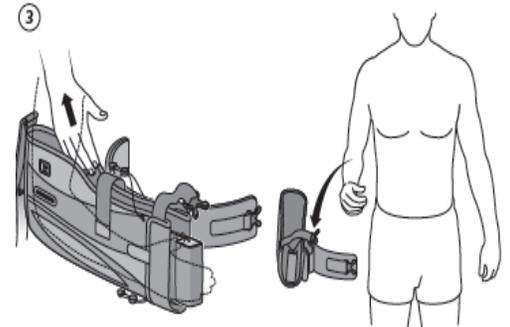
**TO REMOVE THE ARC 2.0:**



Release the buckle of the shoulder strap and let it slide off the back shoulder. If the underarm strap is being used, release the buckle on the underarm strap, leaving it clipped on the ring inside the neck pad.

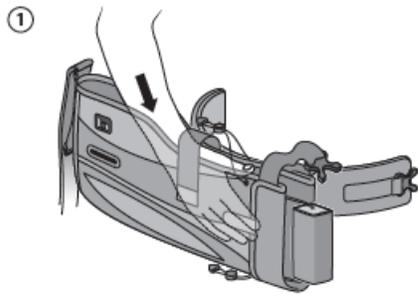


Release the buckle of the ARC torso strap, and let it fall behind the back. Leave the ARC attached to the arm sling.

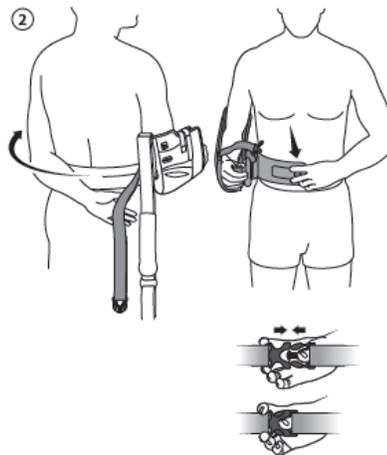


Remove the sling and ARC as one unit from the affected arm. Leave the sling and ARC attached to each other for re-application later.

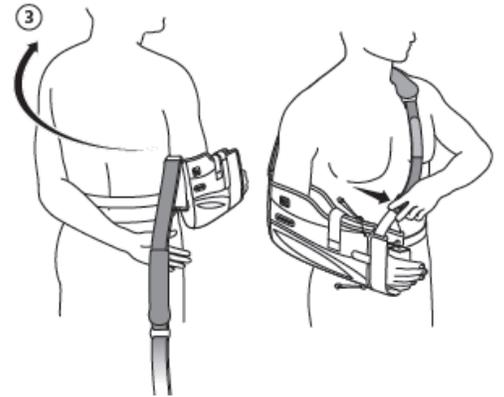
**TO RE-APPLY THE ARC 2.0:**



Slip affected arm into the sling. The arm sling and ARC should still be attached to one another.



With unaffected arm, reach behind your back and pull the ARC torso strap around to the front and attach the buckle at the front



With the unaffected arm, reach behind your back and pull the shoulder strap around to the front and insert the buckle into the wrist support strap of the arm sling.