



Shoulder and Elbow Service

Robert J. Gillespie, MD

Discharge Instructions after Arthroscopic Capsular Release

- A sling has been provided for you. The sling may be worn for your protection, if you are in a crowd.
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Pain medication has been prescribed for you.
- Use your medication liberally over the first 48 hours, and then begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn.**
- You may remove your dressing after two days.
- You may shower 5 days after surgery. The incisions CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.
- Take one aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/allergy or asthma.
- Every hour while awake you are to perform a set of stretches that have been provided. If you have been ordered a CPM (constant passive motion) machine, you still need to do your stretches every hour. ***THE CPM MACHINE DOES NOT TAKE THE PLACE OF THE HOURLY STRETCHING.***

Please call 216-844-0209 for any problems. Including the following:

- excessive redness of the Incisions
- drainage for more than 4 days
- fever of more than 101.5 F

Please call 216-844-0209 to make a follow-up appointment if one has not already been made. You should see the doctor **10-14** days after your surgery.

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