



**Dr. Joshua Alpert**  
**Post-Operative Surgery Instructions:**  
**Shoulder Manipulation and Debridement**  
**(without any repairs)**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a sling on the operative extremity. The sling can be discontinued the day after surgery.
- You may have a cooling device on your shoulder. This is used on the post-operative shoulder to reduce pain and swelling.
- The day of surgery, it is encouraged that you move your elbow, wrist, and fingers as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- A nerve block has been used to decrease pain in your shoulder and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend starting it when you get home, then take as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.
- You should go home with a physical therapy script the day of surgery and start sessions the day after surgery.

**After Surgery at Home:**

- The large dressing can be removed and a smaller bandage applied at home 24-48 hours after the surgery. You will see small band-aids called steri-strips that look like pieces of tape covering the incision.

These can get wet without an issue, and they should remain on until they fall off on their own.

- You may shower after 48 hours, and it is safe to get the wound wet. No soaking the wound (no baths/pools/hot tubs) until the wound is completely healed.

- *A **shoulder manipulation with debridement is designed to break up scar tissue that has been causing pain and/or inhibiting movement. For best results, we recommend moving the shoulder joint as much as possible, with NO restrictions.***

- You should start physical therapy the day after surgery. You have no restrictions on movement.

- You may have a CPM (continuous passive range of motion) machine. If you do, use the CPM machine as much as tolerated, at least 2 times a day.

- If you have received a cooling device, use it as necessary for 3-7 days. Cooling helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.

- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

### **First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert or his PA Christina or PA Joe in the office 3-10 days after surgery.

- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Christina (PA), Joe (PA), or Nikki (secretary).

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