



Barton R Branam, M.D.

**University of Cincinnati Department of Orthopaedics & Sports Medicine
Dr. Branam's Post-operative Discharge Instructions
Upper Extremity**

*This is a standard copy of our discharge instructions. Discharge instructions may vary per patient depending on what procedures were performed. Please refer to your specific discharge instruction sheet.

Procedures: Shoulder arthroscopy, labral repair or debridement, biceps tenotomy or tenodesis, rotator cuff repair or debridement, subacromial decompression, distal clavicle resection

- Wear your sling at all times for the first 72 hours, you then can take it off only to shower. We recommend wearing a button up shirt, as it is easier to wear with a sling.

Discharge Medications:

Percocet 5/325 mg 1-2 tabs every 4-6 hours as needed for pain.

Phenergan 25 mg 1 tablet every 6 hours as needed for nausea.

May Remove Dressing On: 3 days post op

- If you have steri-strips (white band-aid like strips directly over your incisions), please leave them on. These typically fall off in 1-2 weeks.

May Shower On: 3 days post op

- Ice to operative shoulder.

- Do not scrub your wound. Shower and let water runoff. Pat your wound dry.

- If after your shower, your wounds are dry then they can be left open to air. Keep your wound clean and dry. If fluid is coming out of your wound, then put a clean, dry dressing on your wound

- Please do not put any ointments or creams on your wound. This includes Neosporin, Bacitracin, etc.

- DO NOT TAKE A BATH OR SOAK YOUR WOUND.

Call the office with any questions or concerns!

Office Phone number: (513)475-8690

Please Make Follow-Up Appointment for 3-5 days post op.