

## Jennifer L. Cook, MD

Florida Joint Replacement and Sports Medicine Center  
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### DISCHARGE INSTRUCTIONS SHEET SHOULDER SURGERY

#### DAY OF DISCHARGE:

1. You should already have a follow-up appointment. If you do not, be sure to call Dr. Cook's office to schedule one.
2. Remove the dressing 3 days after surgery. Wear the sling for comfort. You may remove sling when in a chair or bed.
3. Place a plastic bag full of ice on top of shoulder for 20 minutes every two hours.
4. Sleep upright in bed with extra pillows with a firm pillow under your elbow for maximum comfort; lying down flat is usually more painful.
5. Take pain medication as needed (SEE BELOW).
6. Once the incision sites are dry, you may shower, but keep direct flow of water off the incisions and do not soak in a tub or go swimming.
7. You should see a physical therapist within 48 hours after your surgery to begin exercises as outlined on therapy sheet.

#### Medications:

*Vicodin*: (pain killer) 1-2 tabs every 4-6 hours as needed for pain. You may also take Tylenol instead of Vicodin for pain, but you may not take them together.

Physician Name Jenifer L. Cook, MD Signature \_\_\_\_\_  
\_\_\_\_\_

I hereby acknowledge receipt of the instruction indicted above. I understand that I must

make arrangements for my post-operative follow-up care with Dr. Cook as instructed by her.

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_

Relationship: \_\_\_\_\_