



Discharge Instructions
Shoulder Decompression
(Including Rotator Cuff Repair)
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1. Wear a sling for the first several days following surgery. You may remove the sling when recumbent (laying down) and when discomfort is tolerable without it.
2. Leave the bandage on; you may shower, but keep the incision area dry by covering it with Press and Seal.
3. Remove the sling to perform pendulum exercises and passive range of motion exercises daily after the first few days.

NOTE: How fast you can raise your arm above your chest level depends on the severity of your tear. We will update on exercise progression at your 1st post op visit.

4. No heavy lifting greater than 5 pounds. No overhead lifting.
5. Follow up in the office after 7-10 days.
6. Medications: Pain medicine as prescribed. Resume pre-surgery medications.
7. Please call the office where you are seen for any of the following reasons:
 - Fever
 - Chills
 - Severe pain
 - Large amount of incisional drainage
 - Excessive redness surrounding incision
 - Any questions