



**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.
- 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 PA Alyssa 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 Alyssa (PA) or Nikki (secretary).

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