



## **JONAS R. RUDZKI, MD**

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

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## **Pre-Operative Instructions: Shoulder**

### **PRIOR TO SURGERY:**

If you are in a formal physical therapy program, continue therapy until the time of surgery. It will be helpful after surgery in returning your shoulder to its normal function and strength.

If you are NOT in a formal physical therapy program, maintain your strength and range of motion as well as you can tolerate. If needed, we will give you some basic exercises to do at home to promote function and strength.

Do not shave your armpit as it will increase the bacterial growth on your skin.

Do not take anti-inflammatory medications (Aleve, Advil, Motrin, Naproxen), aspirin, herbal medicines, or dietary supplements for 10 days before your surgery, as this may affect bleeding during and after the operation.

## **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY**

### **SURGERY DAY:**

Wear loose fitting clothes to the hospital, as you will have to wear bandages and a cryocuff or ice-pack after your surgery. Please bring a large, very loose fitting t-shirt with you to surgery that the nurses can help you put on after your surgery.

You will be in the hospital for approximately 6-8 hours. If you are required to stay overnight you will be in the recovery room for ~2 hours and then you will be transferred to your room. Visiting hours are until 8:00pm.

### **AFTER SURGERY:**

Instructions will be given to you and your family that are specific to your type of surgery. Please follow these instructions carefully as they will help you during the initial phase of your recovery.

Call the office if you should have any questions after surgery. If there is an emergency, a physician is available to talk with you even if our office is not open.

Our office will call to see how you are doing ~24-48 hours after your surgery to make sure everything is going as expected. Please feel free to ask routine questions at this time.

Please do not bathe, swim, or soak after the operation for 3 weeks as this will increase your risk of infection. You will be given specific instructions related to your operation which explain how soon after surgery you may shower.