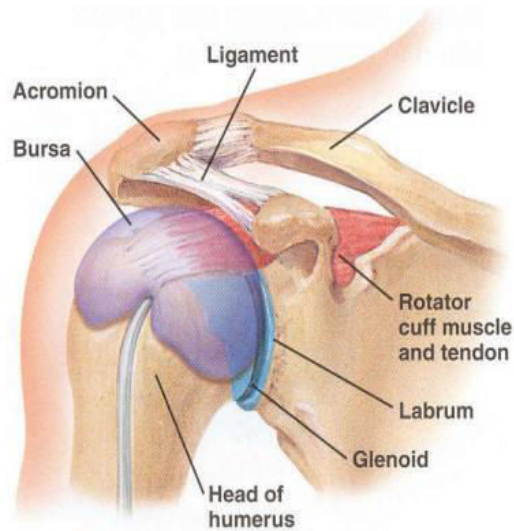


BRANDON BARNDS, M.D.

Corporate Medical Plaza, Building 1
10701 Nall Avenue, Suite 200
Overland Park, KS 66211
Office (913)381-5225

If you have any questions, please call Erin G., R.N., 913-652-6462



PRE-OPERATIVE INSTRUCTIONS

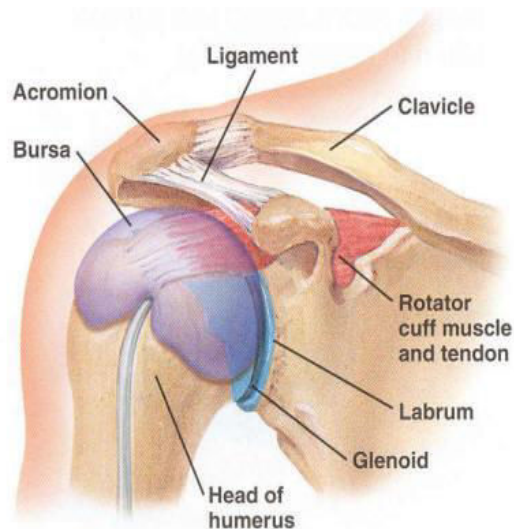
- ✓ **Do not eat or drink for 8 hours before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- ✓ Stop all blood thinners 5 days prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 6 hours at the surgical facility. This includes pre-operative work up and post-operative recovery.
- ✓ Arrange for someone to drive you home **and stay with you** through the night and for the first 24 hour after surgery.
- ✓ Set up your post-op appointment for 7-10 days after surgery by calling 913-652-6462 if you have not already done so.

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Shoulder Arthroscopy



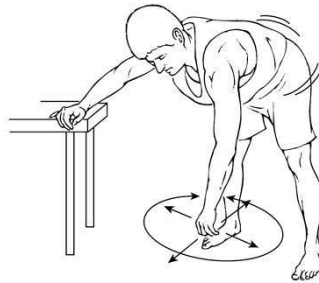
POST-OPERATIVE INSTRUCTIONS

- ✓ Apply ice to the shoulder for 20 minutes on, 1 hour off. Do this for the first day. Apply ice as needed thereafter.
- ✓ Keep the dressing in place and dry for two (2) days.
- ✓ On the 2nd day you may remove the dressing and apply a gauze sponge over the incisions with tape. **DO NOT** use antibiotic ointment on the incisions. **You may** get the incisions wet in the shower.
- ✓ Discontinue the sling once the block has worn off and all feeling to your arm has returned.
- ✓ Perform the range of motion exercises described in this packet as tolerated until you see Dr. Barnds.
- ✓ If you do not have a post-operative appointment already scheduled, call the office (913-652-6462) to schedule your follow-up appointment for approximately 7-10 days following surgery.
- ✓ Take the anti-inflammatory medication as prescribed to you.
- ✓ Take the pain medication as needed.

Post-operative Exercises

1. PASSIVE PENDULUM EXERCISES

Bend forward 90 degrees at the waist, using a table for support. Rotate your arm in a circular pattern to move the arm clockwise 10 times, then counterclockwise 10 times. You may use your non-operative arm to guide the operative arm in the circular pattern. Let gravity and momentum provide the movement.



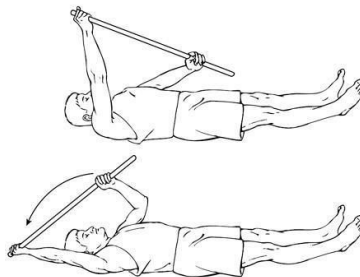
2. SHOULDER FLEXION (WALL WALKS)

While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gently stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



3. SHOULDER FLEXION

Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart. Raise both hands over your head until you feel a gentle stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



4. SHOULDER FLEXION

Sit in a chair with your affected arm on a table as shown. Lean forward, sliding your arm forward on the table until you feel a gentle stretch. Hold for 5-10 seconds. Repeat 10 times, 3 times per day.

