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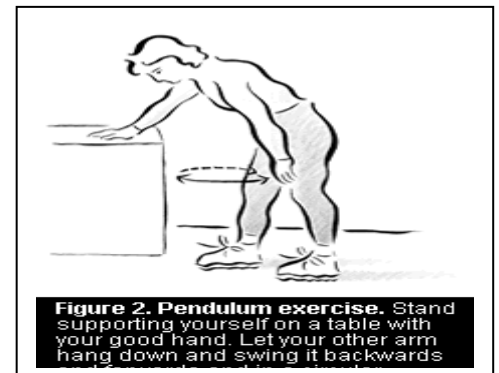
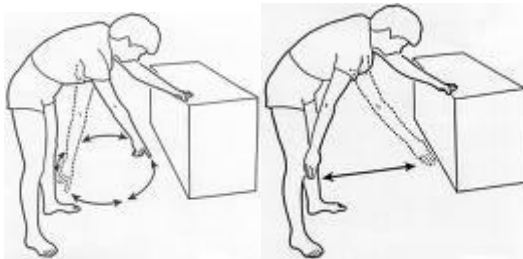
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Dr. Lowry's Post-Op Instructions Shoulder Arthroscopy

Patient:

1. It's OK to remove your dressings after 48 hours. Showers only (no bathing) & immediately dab dry & replace with an OTC adhesive bandage.
2. You may be given a "cryo cuff" which helps with the expected pain & swelling after surgery. Wear the cryo cuff for 48-72 hours only. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask your nurse after surgery about instructions using it. If you are not provided with a cryo cuff, then apply one properly sealed ice pack to your shoulder for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. The key is to not get your dressings wet.
3. Wear your sling during the day for comfort until I see you back in clinic. It's OK to remove your sling for personal hygiene, performing pendulum exercises & sleeping.
4. Please perform these pendulum exercises twice daily.



5. Please make an appointment to see me in 10-14 days. Your sutures will be removed at that visit

If you have any other questions or concerns please call my clinic.

Sincerely,

A handwritten signature in purple ink, appearing to read "J. Lowry".

Dr. Jason K. Lowry, MD FAAOS