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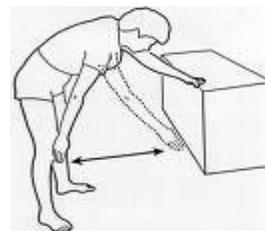
## Dr. Lowry's Post-Op Instructions

### Shoulder Arthroscopy with:

- Cuff Repair
- Acromioplasty
- Distal Clavicle Resection
- Biceps Tenodesis
- Labral Debridement
- SLAP Repair
- Bankart Repair
- Capsular Release
- Biceps Tenotomy

### Patient:

1. OK to remove your dressings & shower only (no baths) after 48 hours from surgery. Immediately dab your incisions dry & place a medium size band-aid over them.
2. Wear the cold cuff for 48-72 hours. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask you nurse after surgery about instructions using it. If you are NOT given one of these devices, apply a well-sealed ice pack to your shoulder.
3. Stay in your sling at all times other than showering. You need to perform active motion of your elbow, wrist & hand out of the sling at least twice a day.
4. If a biceps tenodesis is performed, then you must protect the repair by avoiding resisted elbow flexion & wrist supination with no greater than 5 lbs for 4 weeks.
5. Your sutures will be removed at your next clinic visit. Be sure to check with the nurse about getting your appointment with me in 10-14 days.
6. You will be given a follow-up with Physical Therapy after your first clinic visit. Below are the only exercises I want you to do (out of your sling) at home after the surgery.



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

Sincerely,

A handwritten signature in purple ink that reads "J. K. Lowry".

Dr. Jason K. Lowry, MD FAAOS