



ORTHOPEDIC ASSOCIATES of HARTFORD

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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine
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Open Pectoralis Repair

Post-Operative Instructions Pec. repair

1. **DRESSINGS:** Your dressing may be removed in 2 days. There are sutures in the incisions, please keep covered. Do not take a bath or submerge in water for 7-10 days. Showering is permitted with waterproof Band-Aids over the incisions.
2. **ACTIVITY:** You may only move the arm actively at the elbow, wrist and fingers. Overhead activity and lifting are not permitted. **YOU MUST WEAR THE SLING PROVIDED FOR YOU AT ALL TIMES EXCEPT FOR HYGIENE, DRESSING AND HOME EXERCISES. DO NOT MOVE YOUR SHOULDER ACTIVELY!** You should also perform shoulder shrugs.
3. **MEDICATION:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication.** If additional medication is required, please call our office during business hours M-F 8:30 a.m.-4:30 p.m..
4. **FOLLOW - UP:** You should call the office, (860-549-8249), the day after your surgery and make an appointment for follow-up 7-10 days from the date of your procedure. If you have any specific questions or concerns, let our secretary know, and we will get back to you.
5. **WORK:** You may return to work when comfortable. Be sure to follow the above activity instructions.
6. **QUESTIONS:** Please refer to frequently asked questions sheet.

