

If you experience nausea, it is most commonly a side effect of the Percocet, and the anesthesia. Please call the office and we will phone in medication for the nausea.

- Although blood clots are rare, you should take D E D E \ D V S L U L Q for 2P J a day weeks after surgery to reduce the risk.

- A prescription will be given for pain medication. If you feel it is too strong or you do not need it, Tylenol , Advil , Ibuprofen, or Aleve may be used instead, as long as you do not have allergies to these medications.

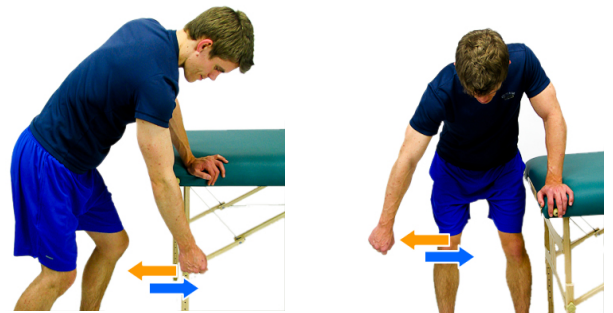
© © ©

Contact the office if you have any redness or excessive drainage at the incision sites.

• **EXERCISES:**

• ***Pendulums:***

- While standing, hold onto a table for support and move your arm in SLOW circles beginning small and gradually getting larger. Begin clockwise for ten repetitions, then counterclockwise for ten repetitions.



)RUZDUG DQG EDFNW DQG U
WHQ WLPHV WHQ WLPH

• ***Shoulder Flexion (Assistive) -***

/\LQJ RQ \RXU EDFN DQG KROGLQJ D
ZDQG RU FDQH VORZO\ UDLVH WKH ZDQG
WRZDUGV RYHUKHDG 8VH \RXU
XQDIIHFWHG DUP WR DVVVLVW ZLWK WKH
PRYHPHQW 7HQ UHSHWLWLRQV

7DEOH 6OLGH)OH[LRQ

7DEOH 6OLGH \$EGXEWLRQ

- 6LWWLQJ LQ D FKDLU UHVV
\RXU LQMXUHG DUP RQ D
WDEOH DQG JHQWO\ VOLGH LW
IRUZDUG DQG WKHQ EDFN
7HQ UHSHWLWLRQV

6LWWLQJ LQ D FKDLU UHVV
LQMXUHG DUP RQ D DEOH DQ
JHQWO\ VOLGH LW RYWR WK
DQG WKHQ EDFN

