Dear      :

It has been my pleasure to provide your orthopaedic surgical care. The following instructions are meant to answer any questions that I may not have addressed at the time of surgery. Please read over the instructions and feel free to contact me if you have any questions or concerns pertaining to your care.

**Wound care**

* The surgical incisions will be hidden beneath the dressings. Change the dressings on      . After changing the dressings, you may shower but do not soak the incisions. You may cover the incisions with gauze and/or Band-Aids.

**Activity**

* The upper extremity has been placed into a sling. The sling is meant for comfort and to help protect the repair site. It is recommended that the sling be utilized for six weeks after surgery. You may remove the sling to shower or to perform your exercises.
* You are encouraged to move the elbow, wrist, and hand to prevent stiffness in these joints. At the shoulder level, you may perform pendulum, external rotation, and elevation exercises as outlined in the attached Figures 1-3.
* Driving: It is recommended that you do not drive until you are no longer taking narcotic pain medications.

**Medications**

* A prescription for pain medication (     /acetaminophen) has been provided. You may take 1 or 2 of these tablets every 4-6 hours as needed. The pain medication may cause constipation. If constipation becomes a problem, a stool softener such as Colace may be obtained over the counter.

**Follow-up Appointment**

* Your next appointment is scheduled for      . If this appointment time is not convenient, please feel free to contact the office to change the appointment time/date. Please bring the photos from your surgery with you at this appointment so that I can review them with you.

**Contact information**

* If there are any questions pertaining to your care, please feel free to contact my office. If calling the New Orleans office, please ask for my nurse Andrea. If you are calling the Kenner office, please ask for my nurse Tammie.
* If you have any difficulty reaching me, please contact me on my private answering service line at 504-777-3656. I will do my best to call you back in a timely manner.

Thank you for trusting me as your surgeon. I look forward to seeing you in the near future.

Sincerely,

Michael W. Hartman, MD, FAAOS

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