

(Post-op Orders For Jonathan B. Ticker, MD - Shoulder Surgery)

- Admit to the Recovery Room
- S/P **L R** Shoulder Surgery **with without** repair
- Stable condition
- Vital signs per routine
- Neurovascular checks of operative extremity every hour, and as needed
- Place a pillow behind the elbow of the operated arm when patient is seated or lying down to keep arm in a more forward position
- If a sling is on, maintain it at all times
- Apply Cryocuff to operative shoulder (if available and not already applied)
 - * Recirculate cold water every 30-60 minutes
 - * Demonstrate use of this device for family and patient
- If there is no Cryocuff, apply ice packs 20 minutes every hour to operative shoulder
- If present, the Anesthetic pump will automatically infuse a basal dose of anesthetic
 - * Every **15 30 60** minutes, patient may push the button for additional pain relief
- Instruct patient to move ankles up and down at least 20 times every hour
- Instruct patient to move wrist and hand on operative side as able
- _____ diet as tolerated
- IV LR at _____
- If general anesthesia used, instruct on incentive spirometry per protocol
- Ancef 1gm IVPB 6 hours after pre-op dose was given, or just prior to discharge to home
- Toradol **30mg 15mg** IVP in Recovery or ASU, unless given in OR
- D/C IV and then D/C home when criteria met

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