



GENERAL INSTRUCTIONS AFTER COMPLETING SURGERY

Upon being released from the hospital, all patients will be issued a prescription that, according to the procedure, will specify the medicine that will be taken immediately post-op.

INCISIONS

1. All incisions must remain covered at all times.
2. If the dressing gets stained or wet, it must be changed out for another or, in the event that you do not have the specific dressings, be replaced with gauze and adhesive tape.
3. Even though the patient's dressings are water resistant, it is recommended to cover them with something impermeable (a plastic bag) and seal it with adhesive tape. (Photo 1)
4. Do not apply any type of substance to the incisions (Merthiolate, alcohol, soap, etc.)
5. The sutures are normally removed within 10-15 days in the doctor's office.
6. If anything strange is observed about the incision (opening, pus, reddening, excessive bleeding), please notify the doctor's office as soon as possible.

SPECIFIC SHOULDER INSTRUCTIONS

After shoulder surgery, Dr. Guevara will explain what type of sling you should use. The options are the following:

1. Simple Sling
2. Shoulder Sling
3. Shoulder Abduction Sling with Pillow
 - a. The shoulder sling with or without the pillow must be used all the time and only removed for personal care and for dressing/undressing.
 - b. The correct way of using the shoulder sling is the following: (Photo 2)

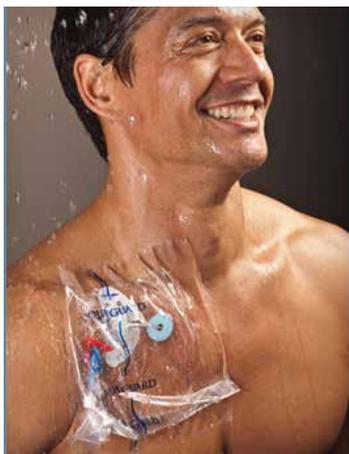


Photo 1



Photo 2

CED. PROF. 5072388
CED. ESP. 7491238
CER. CMOT 1/0481/12

Surgeon m.d.

Universidad de Valle de Mexico
Queretaro, QRO

Orthopedics

Instituto Nacional de Rehabilitación
Mexico City, Mexico

Shoulder and Sports Injury Surgery

Technische Universität München,
Germany

Advanced Shoulder Surgery

ESSKA Travelling Fellowship,
France