

Shoulder Manipulation Under Anesthesia Post-Operative Instructions

1. The sling is for your comfort. You may remove the sling as soon as you feel ready to move the shoulder. (We recommend not leaving it on for more than 24 hours).
2. You may drive a car when you can safely operate a motor vehicle. Do not drive while taking pain medications.
3. You will be given a prescription for pain medication as well as a prescription for physical therapy.
4. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours.
5. Physical therapy will be prescribed after the manipulation. We recommend starting 24-48 hours after the procedure.
6. You may take Colace twice/day while on pain medication to prevent constipation.