



SPECIALISTS IN THE
MEDICINE OF *motion*



David Beard, MD

Joint Replacement Surgery &
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and joint replacement surgery. We encourage you to learn more about Dr. Beard, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - SHOULDER SCOPE

General Information:

- Please stop all Advil and like products 5 days before surgery. You can resume Advil after surgery along with the pain medication.
- Tylenol is not okay to take while taking the narcotics; it is already included in the pain medication.
- You will go home with a large bandage on; this can be removed 24-48 hours after surgery.
- White Steri-Strips will stay on until your post-op. Please wear sling as guided by surgeon.
- You are okay to shower without covering the incision area. Please do not let the shower water stream on top of the incision area; it will be sensitive.
- Dry, plain Band-Aids may be applied to the area after the shower.
- Please do not use any oils, ointments, or lotion on the incision area.
- If you or any family members have questions or concerns, please call me: Elicia, RMA @ 970-419-7134