



Post-Operative Instructions

Pectoralis Major Tendon Repair

Please read all instructions carefully and ask for clarification if necessary

ACTIVITY

Please **KEEP ARM IN SLING AND ABDUCTION PILLOW AT ALL TIMES** until first follow-up visit

- You may remove the sling to get dressed, for personal hygiene (showering/bathing) and for exercises (see below)

You should wear sling and pillow throughout the day and at night to sleep

- You may sleep in whatever position is most comfortable for you as long as you are wearing your sling and pillow

You **MAY NOT** drive until you are cleared to do so at one of your post-operative visits

You may progress to your normal diet as tolerated

DRESSING/WOUND CARE/SHOWERING

It is expected that your shoulder will be very swollen and bruising can occur

- This swelling may occur from the shoulder to the hand for the first week or so

Please keep your dressing clean/dry and intact to the best of your ability

- **You do not have** any sutures; they are buried under the skin and absorbable
- If your bandage remains dry and not significantly saturated, you may remove it one week after your surgery
- You may experience drainage for first 2-3 days from your incision, **this is normal**
 - o If you experience drainage, you may cover your incision/dressing with a dry gauze dressing

You may shower on the **SECOND DAY after your surgery**

- Your bandage is waterproof and should not be removed until one week after surgery
- **Do not** let the water directly hit your shoulder
- Pat shoulder dry after showering
- **NO LOTIONS, OINTMENTS OR CREAMS** should be used over incisions

****DO NOT SUBMERGE YOUR INCISIONS IN A BATH, POOL, ETC****

COLD THERAPY

You should ice the shoulder every hour for 20 minutes at a time for the first 2 days, then on an as needed basis after the first 48 hours

- **Avoid direct skin contact with the ice and exposure longer than 20 minutes as this can lead to frostbite**

MEDICATIONS

You may begin taking your prescription pain medication (below) upon arriving home and should continue taking it every 4-6 hours as needed for pain

- **Percocet 5/325** (Oxycodone 5mg with Acetaminophen 325mg): Take 1 tablet every 4-6 hours as needed for pain
- You may take 2 tablets if pain is severe
- *****DO NOT take additional Tylenol with the Percocet*****

You will also have a prescription for:

- **Zofran** (Ondansetron): For nausea as needed
- **Toradol** (Ketorolac): Take 1 tablet every 6 hours with food for 3 days (until medication is completed)
- Once the Toradol is complete, you may take Advil (2 pills three times per day) or Aleve (2 pills twice a day) to help minimize inflammation, soreness and swelling

DO NOT DRIVE a vehicle or operate any machinery while taking narcotic pain medication

DO NOT drink alcohol while taking narcotic pain medication

Try to **take the above medications with food** to help prevent any stomach irritation

You may also take an **over-the-counter stool softener** (such as Senna, Dulcolax or Colace) to help prevent constipation from the narcotic pain medication

If you have **any adverse or allergic reactions** to medications, stop them and call the office

****Please note, if you had a nerve block this will likely wear off within 24-48 hours of surgery. It is advised to begin taking your pain medicine before the block fully wears off****

FOLLOW-UP

You should have your first post-op visit scheduled for **one week** after surgery

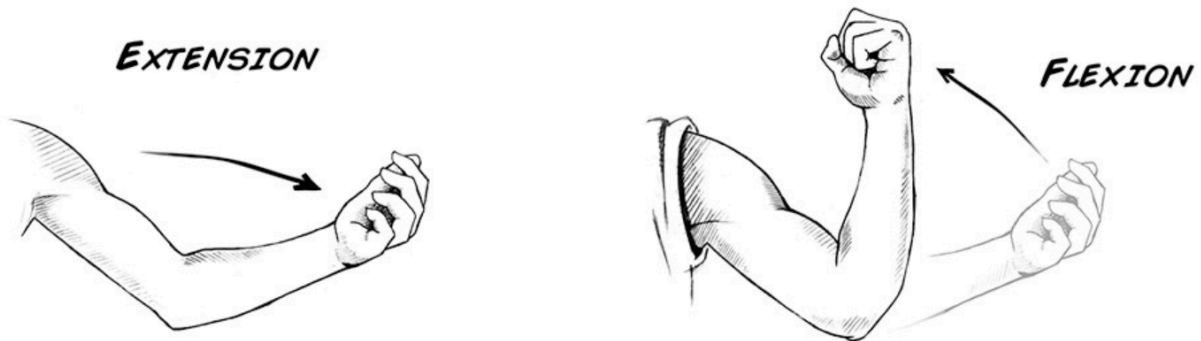
- If you do not have an appointment, please call our office (**860-533-4692**) to schedule

Please call the office (860-533-4692) if you experience any of the following:

- Fever over 101° (low-grade fevers are common after surgery)
- Non-stop drainage or bleeding from incisions that soaks through multiple dressings
- Excessive pain that is not being controlled with medication
- Chest pain or difficulty breathing
- Excessive redness or discharge from incisions

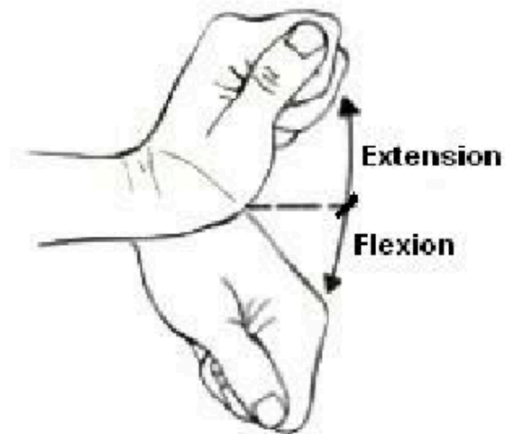
EXERCISES

ELBOW FLEXION/EXTENSION



With arm supported by your side, work on elbow flexion/extension for 10-15 repetitions, three times a day

WRIST FLEXION/EXTENSION



Actively flex and extend wrist as far as you can, performing 10-15 repetitions, three times a day