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Surgery Center of Pinehurst Shoulder Manipulation Under Anesthesia Home Care Instructions

GENERAL & BARIATRIC SURGERY

RAYMOND G. WASHINGTON, M.D.
FABIAN E. ALZAMORA, M.D.
H. WILLY CHU, M.D.
DAVID W. GRANTHAM, M.D.
REID C. VEGELER, M.D.
BAILEY SANDERS, M.D.

EAR, NOSE & THROAT, HEAD & NECK

CARL W. BERK, M.D.
JEFFERSON K. KILPATRICK, M.D.
WYMAN T. MCGUIRT, M.D.
WALDEMAR L. REFKOHL, M.D.
MATTHEW R. GRAFENBERG, M.D.
JUSTIN D. MILLER, M.D.

WOMEN'S COMPREHENSIVE HEALTH

STEPHEN A. SZABO, M.D.
WILLIAM V. TERRY, M.D.
LISSETTE MACHIN, M.D.
SHAYNA S. JONES, M.D.
TAYLOR MCCAULEY, M.D.
RYAN B. NANCE, D.O.

UROLOGIC SURGERY

ROBERT J. CHAMBERLAIN, M.D.
GREG L. GRIEWE, M.D.
MANLIO A. GOETZL, M.D.
JOHN R. MICHALAK, M.D.

VASCULAR AND VEIN CARE

CLINTON K. ATKINSON, M.D.
PAUL A. VIETA, JR., M.D.
GLENN FUSONIE, M.D.
DAVID ADAMOLEKUN, D.O.

OPHTHALMOLOGY

MILES W. WHITAKER, M.D.

ORTHOPAEDIC SURGERY

MARK E. BRENNER, M.D.
WARD S. OAKLEY, JR., M.D.
NEIL A. CONTI, M.D.
JOHN R. MOORE, IV, M.D.
DAVID E. STROM, M.D.
DAVID J. CASEY, M.D.
KURT P. WOHLRAB, M.D.
DANIEL M. WILLIAMS, M.D.
CHRISTOPHER M. JOHNSON, M.D.
JAMES T. MARINO, M.D.
TONI A. WASHINGTON, M.D.
DANIEL M. WILLIAMS, MD
ALEXANDER C. LEMONS, M.D.
LYNN M. FRASER, M.D.

PLASTIC & FACIAL PLASTIC SURGERY

RUSSELL B. STOKES, M.D.
JEFFERSON K. KILPATRICK, M.D.

Activity:

Begin full range of motion immediately after surgery. You should have physical therapy scheduled to begin no later than 2 days after surgery.

Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your shoulder for 48 hours, 20 minutes on and 20 minutes off.

Medication:

A prescription for a pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication, please contact my office. Do not drive as long as you are taking pain medication.

Follow-up Appointment:

Please keep your scheduled post-operative appointment or call us if it is inconvenient so that we can reschedule you.

Things to watch out for and call the office about are:

Fever: above 101

Pain: unrelieved by the pain medicine

Difficulty breathing

If you have any problems or questions after your surgery call

- **Dr. Wohlrab's Triage Line at 910-621-3791.**
- **After office hours at 910-715-1000 and ask for the Pinehurst Surgical Orthopedic Doctor on call.**
- **Our Afterhours Clinic is also available to walk in Monday-Friday 5PM-7PM, Saturday 9AM-11AM and Sunday 1PM-3PM.**