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## **TENOTOMY AND CAPSULOTOMY**

### **POST-OPERATIVE INSTRUCTIONS**

1. You have just had a surgical procedure performed.
2. There may be some bleeding through the bandage.  
This is normal.
3. Three days after surgery - Remove bandage and soak the area in cool water and epsom salt twice a day until you return to the office.

#### **IMPORTANT:**

1 tablespoon per quart of water.

Use cool water only.

**No Hot Water.**

4. There may be bruising - this is normal.
5. After soaking cover with cream and bandaid.
6. Call me as instructed.
7. See me in the office - as directed.
8. Use an ice bag - if necessary.
9. Take pain medication or Tylenol - if necessary.
10. If you have any questions at all - call us at the office.