



### **Instructions after Debridement Procedures**

- Your sling is for comfort. You may wear it or not depending on your comfort level.
- Active motion is permitted as comfort allows but no lifting, pushing or pulling against resistance. A good rule of thumb is not lifting anything heavier than a coffee cup for 4 weeks.
- Your follow-up appointment will be in 7-10 days after your surgery.
- Call the clinic at 425-339-2433 with any questions or concerns.