

Shoulder / Bicep procedures:

Clothing: wear something very stretchy, loose fitting, your shirt will need to go over the top of your surgical area and the immobilizer (if applicable).

Prep: scrub with any kind of antibacterial soap for 4-5 minutes the morning of your procedure. Scrub area from finger tips to ear lobe on the surgical side, including the chest area and your underarm.

Do not put underarm deodorant on the surgical side that day.

Immobilizer: if applicable we will send typed instructions post op