



Shoulder Arthroscopy Package-

The following medical equipment has been ordered by your doctor to be used following your surgical procedure to help aid in the recovery and rehabilitation.

Shoulder Immobilizer Sling- This item will be placed on you in the operating room immediately following your surgical procedure. The sling is to be worn to help secure the shoulder and protect any repairs that might have been made. The length of use is determined by the doctor dependent upon the surgery. You will be given instructions on this by the nurses following your procedure.

Cold Therapy Unit (CTU) - This unit is used at home immediately following surgery to help reduce pain and swelling and gives your body its optimal environment for healing to occur. Simply add ice and water to the unit then use the provided AC adaptor to plug the unit into an electrical outlet. The pump inside will send the cold water into the attached hose and wrap. Place the wrap over the treatment area for 20 minutes per hour as needed for swelling and pain during waking hours. When using make sure there is a barrier between the CTU wrap and the skin. Continue to use as needed for pain and swelling or until otherwise instructed by your doctor.

Sequential Compression Device (SCD) - This unit is to be used during and following surgery to help improve venous circulation in the limbs of patients. This increased circulation helps reduce the risk of a blood clot known as deep vein thrombosis (DVT). The units cuffs are placed over the calf muscle of the leg. When turned on the units fill with air creating a circumferential pressure, then release. These units can be used following surgery any time you are non ambulating. Recommended use is for up to 14 days following surgery any time you are lying down, sitting or not up and moving around.

The items listed above along with a prescription from your doctor will be sent by Team Makena to your insurance carrier to determine your benefits. Once those benefits are determined a representative from Team Makena will be contacting you to discuss your coverage and schedule an appointment for delivery. Should any of the items not be covered by you insurance Team Makena does have compassionate care cash pricing and payment plans you can discuss. For any questions related to your medical equipment please contact **Team Makena scheduling line at (949) 387-2776**