

Dr. Jorge Chahla-Shoulder Surgical Medical Equipment

Medically Necessary Equipment:

- **Donjoy Ultrasling 3 (Abduction Sling)**- (Most shoulder repairs Immediately after surgery-delivered to surgery location)
- **Standard Velcro Arm Sling**- (Less invasive/non-shoulder repair procedures-delivered to surgery location)

Optional Medical Equipment:

- **Gel Ice Wrap (Large)** Available at surgery location and placed on extremity cold from freezer)
- **Optional Water Circulating 'Donjoy Iceman'** (Delivery available if paid at least one business day prior to surgery)
- **Optional Cold Compression 'Breg Wave'** (Delivery available if paid at least one business day prior to surgery)

Abduction Sling: This is used for immobilization and/or support following most shoulder procedures and will be adjusted to fit you at your surgical location and billed to your insurance.

1. Detach shoulder strap buckles and open front panel. Position elbow in the sling as far back as possible.
 - a. To maintain proper positioning, elbow should be at 90 degrees of flexion and pillow should rest at side of body (DO NOT have pillow rest on stomach).
2. Place the shoulder strap over the opposite shoulder. Connect the shoulder strap to the sling using the quick release buckles. For exercise and rehab detach the outside quick release buckle to increase the range of motion.
3. Secure strap at the top of the sling. If the thumb strap is desired, attach strap at the front of the sling (thumb should rest on strap comfortably without added pressure).
4. Place the pillow at the waistline of the affected side. Attach the sling to the outside of the pillow, along the hook and loop strips. Buckle the waist strap to the pillow and adjust the strap to fit the arm for desired internal or external rotation by sliding the pillow forward or back along the waistline.
5. Follow physician's orders for duration of application and frequency of use.



Optional Breg Polar Care Wave Ice Machine: Provides cooling and intermittent compression to the extremity. Use should be approximately 20-30 minutes when awake every hour as needed unless otherwise directed by Dr. Chahla. The product is not billed to private insurance and must be paid for at least one business day prior to surgery to allow time for delivery to your surgery location.



Optional Donjoy Iceman Ice Machine: Provides cooling with cold ice water from unit to the extremity. Use should be approximately 20-30 minutes when awake every hour as needed unless otherwise directed by Dr. Chahla. The product is not billed to private insurance and must be paid for at least one business day prior to surgery to allow time for delivery to your surgery location.



Optional Breg Gel Ice Wrap (Large): Gel wraps around your extremity and stays cold for approximately (2) hours. The (2) gels included are used per 20-30-minute icing session and can be billed to your insurance. This is used ideally with less invasive shoulder surgeries.



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