

# SHOULDER Post-Operative Instructions

(517) 884-6100



## WOUND CARE

- Dressing change should be done 2-3 days after surgery. If present, leave the steri-strips on. Do not use antibiotic ointment on the incisions. It is normal for the incision to bleed and arm to swell following surgery.
- If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing.
- To avoid infection, keep surgical incisions clean and dry. You may shower by placing a plastic covering (saran wrap/trash bag) over the surgical site on post-op day 2. No immersion/soaking of the arm.
- Sutures will be removed at your first post-op appointment and then you may begin getting wound site wet per physician instructions.

## SLING/ICE THERAPY

- If prescribed, shoulder will be immobilized in a sling following surgery. Wear your sling continuously, even when sleeping.
- Remove your sling for showering and exercises only.
- Use Ice-Man/polar care unit continuously for the first 3 days after surgery, and then use as needed. Do not place the pad directly on your skin.

## MEDICATIONS

- If local anesthetics are injected into the wound during surgery, this will last up to 6-8 hours. If you received a nerve block, expect this to last up to 24 hours. It is not uncommon to encounter increased pain on the first or second day after surgery.
- Most patients will require narcotic pain medication for a short time for pain control. This should be taken as directed. Do not drink alcohol or drive while taking narcotic pain medication.
- Common side effects of pain medications are: nausea, drowsiness, constipation. Recommend to take the medication with food. Consider taking an over-the-counter laxative if constipation occurs. Stay well hydrated and increase fiber intake as needed.
- If you are experiencing nausea and vomiting, contact the office and medications may be changed.
- Do not drive or operate machinery while taking narcotics.

## EXERCISES/ACTIVITY

- You will receive an exercise sheet at the hospital. Begin exercises as directed.
- Start bilateral ankle pumps within 1-2 days after surgery (see back page).
- Physical therapy (PT) or occupational therapy (OT) may be prescribed. A prescription and protocol will be provided at your first post-op appointment.
- Recommend sleeping/resting in an inclined position (ie: reclining chair) with the sling on.
- Do not engage in activities which increase pain/swelling. Do not resume sports or strenuous activity until cleared by your surgeon. NO driving until instructed otherwise by physician.
- Discuss time off work/school with your physician. Recommend taking some time off for recovery.

### FOLLOW-UP CARE/QUESTIONS

A post-operative appointment will be made 10-14 days following surgery. Please refer to paperwork in your green folder for this date and time. If you do not already have an appointment scheduled, please contact one of our surgery coordinators.

### REASONS TO CALL THE OFFICE

- Unrelenting pain, swelling or numbness
- Fever over 101° or chills (normal to have a low grade fever first 1-2 days post-surgery)
- Redness or excess drainage around incision (small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Excess calf pain
- Contact our office at (517) 884-6100

For emergencies **AFTER OFFICE HOURS or on the weekend**, call (517) 342-6410.  
If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

### **ANKLE PUMPS**



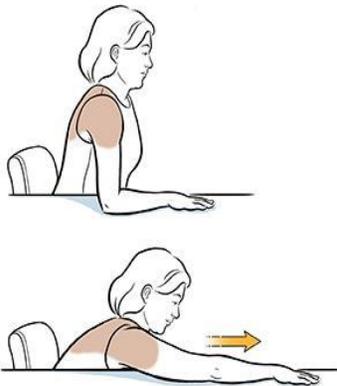
Begin immediately. With leg relaxed, gently bend and straighten ankle. Perform 1-2 sets of 10 repetitions several times throughout the day.

### **PENDULUM EXERCISE**



Using a surface for support, hinge forward at your hips and let arm hang in front of your body. Gently move your hips and body, side to side and in circles to initiate movement of your arm. Be sure not to swing from the shoulder joint. 10 repetitions 2x's daily.

### **TABLE SLIDES**



Place arm on table while seated and slide arm forward until you feel a stretch. Hold 20 seconds. 5 repetitions