

POST-OPERATIVE PATIENT DISCHARGE INSTRUCTIONS: SHOULDER SURGERY

1. **GENERAL:**

- Wear cryocuff (ice pad) and dressings for the first 48 hours after surgery
- Pump your hand and move your wrist and elbow to keep the blood circulating and prevent stiffness
- You may eat a regular diet, if not nauseated. Drink plenty of non-alcoholic, non-caffeinated fluids
- 72 hours after surgery you may:
 - Remove dressings
 - If you have any Steri-strips on your incisions, do not remove
 - You may shower but do not scrub over incisions. Pat dry and may place new band-aids over incisions. **NO IMMERSION OF OPERATIVE ARM** (i.e bath, hot tub, pool, etc)
 - For showering, you may come out of sling, but let arm hang at side; **do not lift arm**
 - You may continue the cryo-cuff for comfort and swelling as needed do not place directly on skin

2. **BRUISING AND FEVER:**

- Some bruising in the arm and even down into the hand is normal. This will go away with time.
- It is normal to have swelling and discomfort in the shoulder for several days or a week after surgery.
- Low grade fever after surgery is normal (less than 101°), especially in the first 3-5 days after surgery.

3. **SLEEPING:**

- Many patients find that lying down increases their discomfort. You might sleep better in a recliner, or propped up in bed. A pillow placed behind your elbow may also help
- You should wear the sling while sleeping if you are supposed to wear your sling at all times (see below).

4. **DRIVING:** No driving while you are wearing the sling!

5. **SLING/EXERCISES:**

Your sling use/exercises/activity are determined by the type of procedure that you had done. See checked item(s) below:

Sling:

- At all times
- May discontinue after nerve block wears off, then use as needed for comfort only

Exercises:

- Keep arm in sling - allowed to do hand, wrist exercises only
- Keep arm in sling - allowed to do hand, wrist, and elbow exercises
- No limitations on activity once nerve block wears off
- Start physical therapy as soon as possible

6. **PHYSICAL THERAPY:**

- Will be discussed at your 1 week follow-up visit unless otherwise indicated above.

7. **MEDICATIONS:**

- Prescription (given day of surgery):

Norco 10/325

→ 1 pill every 4-6 hours as needed for pain

Zofran 4 mg (This medication is expensive: Only fill prescription if experiencing nausea)

→ 1 pill every 8 hours as needed for nausea/vomiting

- Over-the-counter:

Ibuprofen 200 mg (Motrin, Advil)

- 2-4 pills every 8 hours as needed for pain

Colace 100 mg: 1 pill every 12 hours as needed for constipation

- Take pain medication with food when possible.
- Do not take Ibuprofen if taking a blood thinner such as Lovenox or Coumadin.
- Do not take Ibuprofen if you are intolerant of other NSAIDS.
- Do not take Tylenol or Ibuprofen if you have kidney or liver disease.

8. **FOLLOW-UP APPOINTMENT:**

**Please make sure your post op appointment is made for 1-2 weeks after your surgery!!
If not, please call (586) 773-1300 to schedule**

Your post-op appointment is: _____ @ _____

St Clair Shores Office

Macomb Office

None scheduled, please call the # above

9. **ANESTHESIA:**

- Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.
- For this reason, **you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.**

10: **EMERGENCIES:**

If you are experiencing any of the following call our office immediately @ (586) 773-1300.

- Fever greater than 101.5°F
- Unrelenting pain
- Excessive redness or swelling of incisions
- Yellow (pus) drainage at incision sites
- Difficulty breathing
- Excessive nausea/vomiting
- Calf Pain – If increasing pain/swelling and after office hours, go to the ER
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room