

Patient Name: _____

Date of Birth: _____ Date of Surgery: _____

POST-OPERATIVE INSTRUCTIONS

SHOULDER SURGERY

Please note that the instructions provided below are general guidelines to be followed. However, any written or verbal instructions provided by your surgeon supersede the instructions below and should be followed.

WOUND CARE

- Maintain your operative dressing for 3 days post-surgery.
- Remove surgical dressing on the third day after surgery and place Band-Aids over the incision sites.
- You can get your wound site wet in the shower on the third day after surgery.
- Avoid submerging incisions in water (i.e. baths, pools, hot tubs, etc.) for at least 6 weeks after surgery.
- It is normal for the shoulder to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing.
- **DO NOT** remove butterfly strips (called steri-strips) from skin (if you have them).
- **DO NOT** put any creams or antibiotic ointments on the surgical incision.

SHOWERING

- You may shower **24 HOURS AFTER SURGERY** (please do not wet incision for the first 72 hours).
- Pat the surgical incisions dry after the shower and place Band-Aids over the incision sites.

MEDICATIONS

The following list of medications have been electronically prescribed to you:

- **TYLENOL (1000 mg)** by mouth, every 8 hours for up to 7 days.
- **OXYCODONE (5 mg)** by mouth, every 6 hours as needed for pain for 5 days.
- **COLACE (100 mg)** by mouth, every 12 hours for constipation.
- **ASPIRIN (81 mg)** by mouth, every 24 hours for 3 weeks for blood clot prevention.



SLING USE

"REPAIR" (ROTATOR CUFF REPAIR, LABRAL REPAIR, STABILIZATION, CORACOID TRANSFER)

- Your sling must be worn while you are sleeping or when you are in public for 4-6 weeks. You may remove it to shower, dress and for physical therapy. You may also remove it when you are in a controlled environment, such as sitting at a desk or couch. If you get up, you must put your sling back on.
- You must remove your sling 3x daily to gently bend your elbow, wrist and fingers.
- **YOU SHOULD NOT MOVE YOUR SHOULDER AT ALL.** However, you may put on deodorant. You may use your operated arm at waist level to write, type and use the remote control. You may bring your hand to your face as long as you're only bending your elbow.
- You can remove the sling for showering, but then put it back on afterwards.
- Avoid using the operative hand for activities of daily living.

"NO REPAIR" (SUBACROMIAL DECOMPRESSION, DISTAL CLAVICLE RESECTION)

- You may stop using your sling as soon as you're comfortable.
- You may begin actively moving your shoulder as soon as you're comfortable.

IF YOU HAVE ANY QUESTIONS OR ISSUES WITH THE SLING, PLEASE CONTACT THE OFFICE AT 201.567.5700.

CONTROLLING DISCOMFORT AFTER SURGERY

- Use your cryotherapy unit as instructed to decrease swelling and diminish pain. If you do not have a cryotherapy unit, then apply ice for 20-30 min at a time for 3-4 times daily.
- Pain medication can be taken every 6 hours as needed.
- Do not use NSAIDs (Advil or Aleve). You can use Tylenol in combination with your pain medication.
- Sleep with a pillow under the operative arm.

PHYSICAL THERAPY

Your surgeon will guide your post-operative rehabilitation dependent on your procedure and will discuss with you when you can start.



DRIVING

Driving is not allowed while on narcotics or if a sling is necessary.

FOLLOW-UP CARE / QUESTIONS

- You will have your first post-operative visit 10-14 days after surgery.
- At that visit, we will inspect your wounds and remove your stitches (if necessary). Several small sutures are snipped at the skin level (does not hurt!).
- We will review your arthroscopic photos (if procedure was arthroscopic) to show you what was done during your surgery.

IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE CONTACT THE OFFICE AT 201.567.5700.

EMERGENCIES

CALL THE OFFICE AT 201.567.5700 IF ANY OF THE FOLLOWING ARE PRESENT:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever or chills (i.e., $\geq 100.4^{\circ}\text{F}$ — it is normal to have an elevated body temperature for the first day or two following surgery)
- Redness around incisions
- Color change in the arm, forearm or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

IF YOU HAVE AN EMERGENCY THAT REQUIRES IMMEDIATE ATTENTION, PROCEED TO THE NEAREST EMERGENCY ROOM.