

Postoperative Instructions- Outpatient Shoulder Surgery

DIET

- Begin with clear liquids and light foods (jello, soups, etc)
- Progress to your normal diet if you are not nauseated
- Take pain medicine with food – crackers, bread, etc.

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling or tingling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell from the surgery site- if blood soaks onto the bandage, do not become alarmed- reinforce with additional dressing
- If blood saturates more than 2 bandages call Borgess Orthopedics at (269)343-1535
- Remove surgical dressing on the 2nd post-operative day- if minimal drainage is present, apply bandaids over incisions, do not use antibiotic ointment.
- To avoid infection, keep surgical incisions clean and dry- You may shower on the 2nd day but do not submerge

MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery-this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time- this can be taken as per directions on the bottle, surgeon will write this when he sees you in recovery room
- Potential side effects are constipation, nausea, vomiting, sleepiness
- If nausea and vomiting continues for more than 12-24 hours contact the office to have your medication changed (269)343-1535
- Do not drive a car or operate machinery while taking the prescription pain medication
- Ibuprofen 600mg 3 times per day (ie Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys' (if you do not have a history of bleeding or ulcers), and may decrease overall amount of prescription pain medication required, and increase intervals between narcotic pain medication usage
- Increase vegetables, whole grains, and water intake to decrease risk of constipation related to pain medications
- Drink a full glass of water with every dose of medication (prescription or over the counter) and with food

ACTIVITY

- When sleeping or resting, inclined positions (ie recliner chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder-level activities) over the first 7-10 days following surgery or activities where you bring your arm away from your body
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
- NO driving or operating heavy machinery until you are off all prescription pain medications
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable with sling

SLING

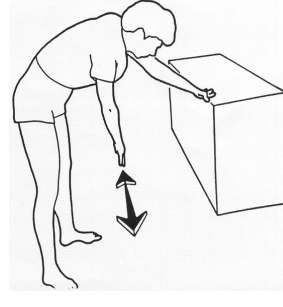
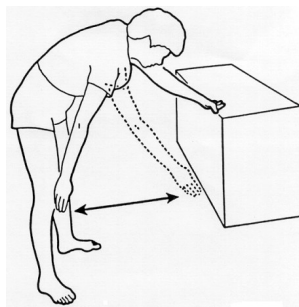
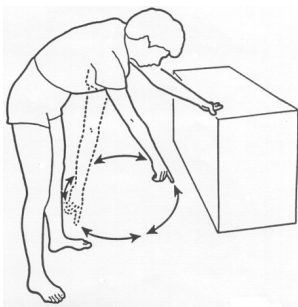
- Rotator Cuff Repairs- must wear sling/immobilizer all the time for 2 weeks except when doing exercises
- All other scopes- wear sling as needed for comfort
 - When around people in close proximity or in inclement weather wear sling for protection

ICE THERAPY

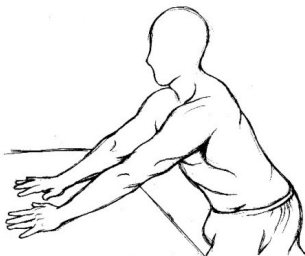
- Begin icing immediately after surgery using ice compression machine or cold packs

EXERCISE (see below)

- Begin shoulder exercises the following day after surgery unless otherwise instructed by the surgeon
 - Pendulums, Saws, and Table Slides
- You may also begin elbow, wrist, and hand range of motion on the first post-operative day about 2-3 times per day
- Formal physical therapy, if needed, will begin 2-6 weeks after surgery



**Pendulums
Shoulder Saws
Shoulder Saws
Table Slides**



Perform exercises 3 times per day for 10 minutes per session

EMERGENCIES

- Contact Borgess Orthopedics (269)343-1535 if any of the following are present:
 - Painful swelling or numbness, tingling, color change, or coolness in the wrist or hand
 - Unrelenting pain

- Fever (over 101 – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness or tenderness around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing, wheezing
- Excessive nausea/vomiting causing inability to keep anything down for 12-24hours or decrease in urination

WHAT TO EXPECT AT YOUR FIRST POST OPERATIVE VISIT

- Follow up X-rays may be taken
- Suture/stitches will be removed and new bandage applied if needed