

# Ascension Borgess Orthopedics & Sports Medicine

## Postop 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 2<sup>nd</sup> 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 2<sup>nd</sup> day but do not submerge.

#### MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery. This will wear off within 8 to 12 hours.
- The anesthesiologist's regional nerve block will usually wear off in 18 to 24 hours.
- Aleve 500mg 2 times per day may be taken for pain if you do not have a history of bleeding or ulcers.
- Some patients will require narcotic pain medication for a short period of time. This can be taken as per directions on the bottle. Potential narcotic side effects include: constipation, nausea, vomiting, sleepiness.
- If nausea and vomiting continue 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.
- 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 take 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.
- You may return to sedentary work or school 1-3 days after surgery, if pain is tolerable with sling.

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### SLING

- Repairs and Reconstructions: For the first two weeks, you must wear sling/immobilizer at all times except when doing exercises.
- All other shoulder surgeries: You may wear sling as needed for comfort.
- When around people in close proximity or in inclement weather, you should wear sling for protection.

### ICE THERAPY

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

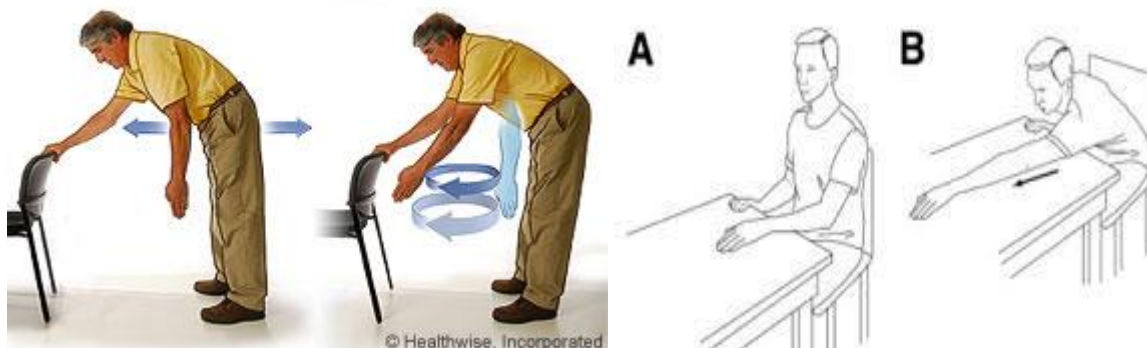
### EXERCISE

- Begin shoulder exercises the following day after surgery unless otherwise instructed by the surgeon.
  - Pendulums, Saws, and Table Slides; 10 minutes 3 times per day
- 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.

**Saws**

**Pendulums**

**Table Slides**



### 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.)
  - Redness or worsening pain 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
  - Inability to urinate

### WHAT TO EXPECT AT YOUR FIRST POST OPERATIVE VISIT

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