

INSTRUCTIONS AFTER SHOULDER SURGERY

1. Use of Arm as **circled** by the doctor
 - a) Keep your arm in the sling or immobilizer at all times.
 - b) A CPM has been or will be brought to your home with instructions for use. Wear your sling or immobilizer when not using the CPM.
 - c) You may remove your arm from the sling when you are comfortable. The sling is only there for comfort. You will not hurt anything by using your arm, and you should limit your lifting with this arm to 5 pounds.
 - d) Perform exercises on attached sheet (Do NOT worry about this if sheet was not given to you)
2. The recovery room nurses will give you: **Bag of ICE or ICE Man or Cryocuff. Use as follows:**
 - a) Apply over shoulder bandages ____ minutes every ____ hours daily until follow-up appt.
 - b) Apply over shoulder bandages continuously **while awake** each day until follow-up appt.
3. Leave the dressing in place over the shoulder for ____ **days or Until follow-up Appointment.** Afterwards you may apply clean gauze or band-aids over the incisions. If you have Steri-Strips (paper tape covering an incision) leave these in place. **Do not apply Neosporin or other ointments!**
4. You **MAY NOT shower OR** you **MAY** shower after ____ **days.** Apply clean bandages over the incision after showering. **Do NOT take a bath; get into a pool or hot tub for 2 weeks after surgery!**
5. **Pain control is important!** Do not wait until your pain is unbearable before taking pain medications. Shoulder injections given before or during the surgery typically wear off 6-12 hours after surgery and will be associated with increasing pain at that time. This is normal.
6. Most patients are given prescriptions for lortab (hydrocodone) for pain, along with Phenergan (Promethazine) for nausea and Ambien to help with sleep. You can help prevent nausea by making sure you eat when you take your pain medication and that you are able to sit or lay down should you begin to feel
7. Common the side effects after surgery are **drowsiness, lightheadedness, and nausea** resulting from the pain medication. Another side effect that can be easily remedied is constipation; increase your fluid intake, drink fruit juices, take an over the counter stool softener if necessary.
8. If you are **not** allergic to Ibuprofen (Motrin, Advil, Aleve, Naprosyn, etc.), you may take these with your pain medication to further help with pain and to reduce inflammation. Because the pain prescription you were given contains a small amount of Acetaminophen, you should **avoid** taking Tylenol or any medication containing Acetaminophen while you are on the pain prescription. You need to be as comfortable as possible, but also understand that no amount of pain medication, Ice, and rest will completely remove the pain after surgery.
9. **Side effects that should not be ignored** - Difficulty breathing, a severe rash, extreme drowsiness, nausea that is uncontrolled with Phenergan. If your side effect is life threatening, contact 911, if it is not life threatening, contact our office for further instruction.
10. **Swelling and Stiffness** about the shoulder are expected for the first several weeks following your surgery. Continuing to ice, use anti inflammatories, and exercise will help this.

11. Please note your **follow-up appointment date/time**; this information will be given to you the day of surgery. If you need to confirm or change the appointment time, please contact office at (804) 452-1635.

12. You should call me or my medical assistant at **(804) 452-1635** if you notice that your bandages are completely saturated with blood, if you have a temperature above 101 degrees, if you have pain that is not "controlled" with pain medication and ice, if your fingers are cold, numb or purple, or if you have any other concerns or questions. **Some blood on the bandages is okay, however, persistent bleeding is not normal. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain. The pain medication and ice should help to "control" your pain, however, it will NOT take away all of the pain. Your hand may swell or feel cool because your arm is immobilized in a sling. It should become warmer as you move around more. A purple, cold, numb foot that does not get better with movement or loosening the bandages is NOT normal.**

13. **DO NOT** operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for at least 24 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.

Comments: _____

_____	_____
Doctor Signature _____	Date _____
Patient Signature _____	Date _____