



## **PATIENT INSTRUCTIONS AFTER SURGERY SHOULDER SURGERY**

### **DRESSING:**

A soft dressing has been applied to the operative shoulder. This dressing should be comfortable and absorb any leakage of fluid. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Routinely, the dressing is removed the day after surgery. If desired, you may change the bandage using sterile technique or simply reinforce it. Be careful not to remove the pain pump catheter, if present.

### **PAIN:**

You should have a prescription for pain medicine. Please inform me of any problems with your medicine. An ice pack may be applied to the wound area the first 48 hours to decrease any swelling or discomfort. If you have a Velcro ice pack, use it 15 minutes out of each hour. Keep it in the freezer when not in use and when sleeping.

### **WOUNDS:**

The wound may be sore and develop bruising over the next several days. Bruising can occur in dependant areas below the wound. This bruising will eventually disappear and does not require special care. Redness along the suture line is common. If drainage occurs, clean the wound with alcohol or hydrogen peroxide. If drainage continues more than two days, please notify me.

### **BATHING:**

The sensation of “splashing” of fluid in the joint is not a cause for concern. It represents fluids from surgery which will absorb in time. It will be safe to shower one day after your surgery.

### **ACTIVITY:**

Moving (straightening) your elbow is okay. Gently rotating your shoulder is helpful.

Heavy lifting should be delayed for three months.

### **PRECAUTIONS:**

You must have a responsible adult driver to be discharged home. For 24 hours after surgery, do not drive, make major decisions or have childcare responsibility.

If you develop fever (101° or above), unexpected pain other than soreness from surgery, redness or swelling in your shoulder, please contact my office at (936) 560-5990, home at (936) 560-6204 or call Memorial Hospital Emergency Room (936) 564-4611.

### **SPECIAL INSTRUCTIONS:**

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