

Post-Operative Instructions for Shoulder Surgery

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PROCEDURE

- Subacromial Decompression
- AC Joint Resection
- Rotator Cuff Repair
- Bankart Repair
- Labral Debridement
- Other _____

- Loose Body Removal
- Biceps Tenodesis
- SLAP repair
- ORIF of Clavicle Fracture
- Repair AC Joint Dislocation

DRESSING

- ◆ Dressing can become blood stained; this is not unusual.
- ◆ OK to change dressing if needed.
- ◆ If you feel the bleeding is excessive, call the Doctor.
- ◆ You may remove dressing in 24 hours.
- ◆ Cover with gauze or ace wrap.
- ◆ Sutures/staples will be removed in the office.

SHOWERING

- ◆ It is OK to shower after 24 hours.
- ◆ Please keep wounds dry.
- ◆ Wrap with plastic wrap.
- ◆ Redress wound after shower.

ACTIVITY

Restricted Motion

Your shoulder has been placed in an immobilizer or sling. You may bend and straighten you elbow, wrist and hand 10x per hour. Unless otherwise instructed, avoid moving shoulder until you see the doctor.

Unrestricted Motion

Use sling only if needed for comfort. You may remove the sling and use the shoulder as tolerated.

ICE

- ◆ Ice to operative shoulder 20 minutes/hour as tolerated.

MEDICATIONS

- ◆ Percocet/Vicodin/Darvocet can make you nauseous.
- ◆ Take medication with food.
- ◆ Do NOT drive while taking pain meds.
- ◆ Call if pain is not well controlled.

CALL THE DOCTOR IF YOU

EXPERIENCE

- ◆ Persistent or abnormal bleeding.
- ◆ Fever or chills.
- ◆ Temperature greater than 101.
- ◆ Severe and uncontrolled pain or swelling.
- ◆ Abnormal wound drainage.
- ◆ Medication problems.

FOLLOW-UP APPOINTMENT

- ◆ _____ 24-48 hours
- ◆ _____ 7-10 days
- ◆ Call **949-727-3636** to schedule

OTHER:

- ◆ _____.
- ◆ _____.