



Post-op Shoulder Surgery

1. Begin with light diet and advance to a regular diet as tolerated.
2. Take medication only as needed. Follow the instructions on the bottle.
3. Due to the nature of your surgery it is best if you sleep at a 30 degree-angle (this is accomplished best in a recliner or upright position with pillows)
4. Leave the surgical dressing intact. Your first dressing change will be at our office if needed. Please refer to the appointment card in your packet. Specific details about your surgery will be discussed at your post-operative visit with the provider.
5. Keep the wound clean and dry, and avoid getting surgical site wet until the sutures or staples are removed.
6. Wear the immobilizer as instructed.
7. Activity: **It is important to follow your specific discharge instructions.**
 - a. Remember, you will feel some discomfort during your exercises. The purpose of your specific exercises is to keep the shoulder joint moving to prevent stiffness.
 - b. Avoid lifting objects with your arm until advised otherwise.
8. Ice your shoulder for the first 72 hours. (Double bag Ziploc bags to avoid getting bandage wet.) Although you may not feel the ice penetrate the bandage, keeping the area cooler than normal will help with swelling and pain.
9. If you have sleep apnea, make sure to use your CPAP especially while taking opioids.
10. Call our office if you have any chills, fever, drainage, shortness of breath, calf or chest pain, you develop numbness or tingling after 2-3 days when your block wears off, or if you have any concerns regarding your shoulder or surgery. **If it is after hours and you feel it is life threatening, please go to the hospital emergency room.**

PLEASE NOTE, THESE ARE GENERIC INSTRUCTIONS AND RECOMMENDATIONS. **FOLLOW YOUR SPECIFIC CARE INSTRUCTIONS.**