

## **Postoperative Instructions – Shoulder Surgery**

**Diet:** Begin with a light diet and advance to a regular diet as tolerated.

**Pain Medication:** Follow the prescribed pain medication schedule for the first three (3) days after surgery. After that time, take pain medication only as needed. We recommend having a family member or friend assist you with medication management during the early recovery period.

**Sleeping Position:** Due to the nature of your surgery, it is best to sleep at approximately a 30-degree angle. This is most easily accomplished in a recliner or by propping yourself upright with pillows.

**Surgical Dressing & Wound Care:** Leave the surgical dressing intact for 48 hours.

Your first dressing change will take place at our office. Please refer to your appointment card for details.

Keep the wound clean and dry.

Do not shower or bathe until sutures or staples have been removed.

**Please bring a clean T-shirt to your dressing change appointment so we can demonstrate how to safely put it on and remove it.**

**Immobilizer:** Wear your shoulder immobilizer as instructed on your yellow discharge paperwork or as otherwise directed by your provider.

**Activity & Exercises** Perform your prescribed exercises as directed.

- a. Mild to moderate discomfort during exercises is expected. Try to make gradual progress each day to restore your range of motion.
- b. Do not lift objects with your surgical arm until advised otherwise by your provider.

### **Ice Application**

Apply ice to your shoulder for the first 72 hours after surgery. Use a large zip-top bag filled with ice.

Double-bag the ice to prevent your bandage from getting wet.

### **When to Call the Office**

Contact our office immediately if you experience:

Chills or fever

Drainage from the surgical site

Calf pain or chest pain

Persistent numbness or tingling lasting more than 2–3 days

Any concerns regarding your shoulder or recovery

If it is after business hours and you believe your condition is life-threatening, please proceed to the nearest hospital emergency room.