

**INSTRUCTIONS FOR SHOULDER SURGERY  
PATIENTS POST OPERATIVELY**

1. Stay up and around home with a responsible adult at hand.
2. Do not engage in any activity requiring skill or concentration for twenty-four hours after having a general anaesthetic, as your ability may be impaired.
3. Regular diet may be resumed as tolerated. Do not drink alcohol for twenty-four hours.
4. You will be discharged with a prescription for pain medication. This will be more effective if the pain medication is taken regularly to get a steady level into the blood stream. Pain can be further controlled by the use of ice to the shoulder. Apply ice 15 minutes out of each hour. If you have a reaction to the pain medication, or if you are unable to reasonably control the pain, call my office or your family doctor.
5. Use the sling full time, even at night, unless given further directions. Remember to keep the fingers and wrist moving to avoid stiffness and reduce swelling.
6. Ensure a follow-up appointment is booked for 5-10 days post operatively.
7. Call my office or your family doctor if you have:
  - a. a temperature of greater than 38 degrees centigrade
  - b. fever or chills (record your temperature with a thermometer)
  - c. Excessive drainage from the dressing.
8. Leave the dressing intact, and deep clean and dry. It is not uncommon to get bruising around the shoulder from bleeding that occurs beneath the skin. If there is some blood soaking through the dressing, the dressing can be changed using sterile gauze.
9. You can take a bath if the incision is kept dry. After the first follow-up visit with your surgeon, you can have regular showers/baths.

Shoulder.postop.2015