



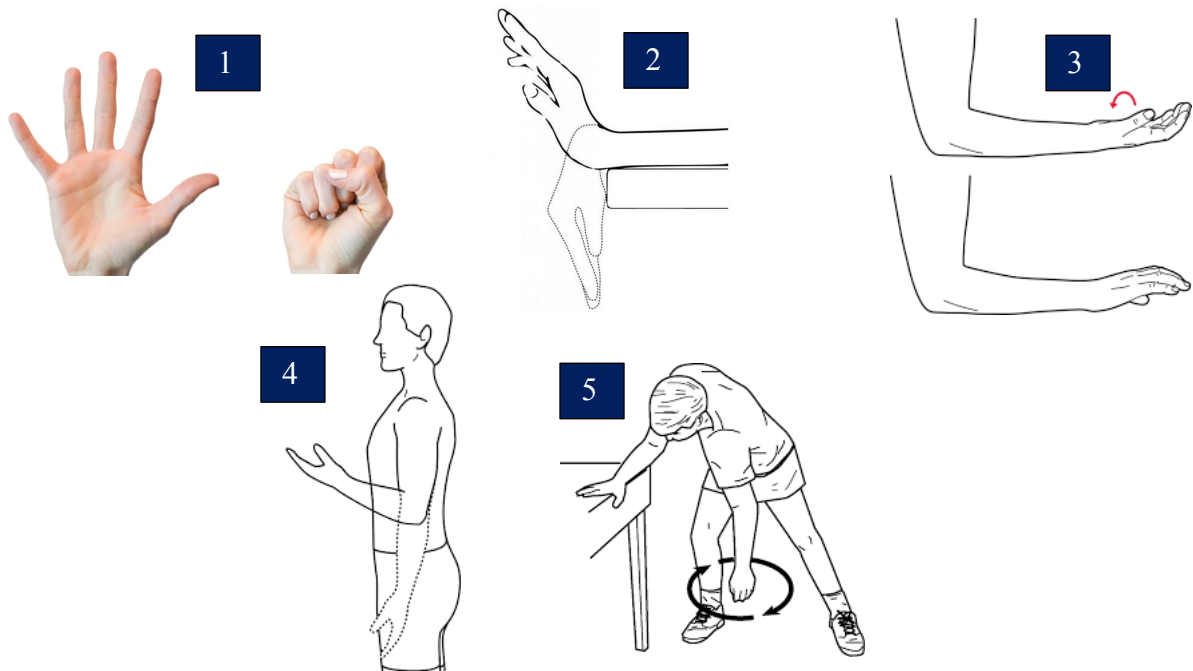
Shoulder Surgery Packet: General Post-operative Instructions

- When to take the bandages off: please keep your surgical dressing in place until we see you. If it comes off, you can replace it with one of many post-surgical bandages that can be found at drugstores and on Amazon.
- Showering: You can shower immediately after surgery. Please do not aim the shower directly over the bandages and do not scrub around the incision. The bandages are water-resistant and water can run over them, but they can peel up from the sides. Do not submerge dressing. Do not put any ointments or topical solutions on or near the incisions. Overall, focus on only showering the rest of your body with simple, regular soap.
- Activity restrictions:
 - Continue to wear the sling on your arm until we see you.
 - When you are awake and in a controlled environment (i.e. sitting on the couch), you can remove the sling to rest the arm in a more comfortable position.
 - Do not lift anything more than the weight of a cup of coffee (< 2 lb)
 - You can use your hand for small tasks (typing, using a utensil, etc.), but avoid reaching away from your body.
 - Whenever you feel comfortable, begin performing each exercise on the next page 5 repetitions at a time on 5 occasions during the day. “5 reps, 5 times a day.”
- Other things that come up
 - Pain medication: prescriptions were provided to you or sent to your preferred pharmacy. Notes about them are on the next page, and please follow the frequency/dosage instructions on the bottle. It is important for your safety to follow these notes and instructions.
 - Icing: placing padded ice on the incision for 20-30 minutes at a time may decrease inflammation and pain. I encourage you to try this, but it is not required.
 - Getting dressed: it is usually easiest to put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down or zip-up shirts/jackets can be helpful. Avoid reaching behind your body.
 - Driving: You should not drive until you are off pain medication, out of the sling and you feel comfortable with moving your shoulder around. I do not recommend driving for the first 2 weeks after surgery.
 - Sleeping: you should wear your sling to sleep. Many patients find it hard to sleep flat, and prefer to use a recliner or pillows to under the top of their back. Not sleeping through the night is common for the first 1 month after surgery.
 - Constipation: this is common after surgery and while taking pain medications. I recommend these steps, in order:
 1. Drink plenty of fluids and try to move around as much as you can do safely.
 2. Take an over-the-counter laxative called Senokot (or similar).
 3. Take an over-the-counter laxative called Miralax (or generic)

Exercises to do when you are comfortable

These are for the first 2 weeks after surgery and meant to prevent stiffness of your arm. You can come out of your sling to do them in a controlled environment. We will provide you a more detailed rehabilitation protocol at your first office visit. “5 reps, 5 times a day.”

1. Squeeze your hand into a fist, then straighten your fingers.
2. Bend your wrist downward, then upward.
3. Rotate your forearm so that your palm is up, and then down.
4. Bend your elbow up, then straighten it completely.
5. Shoulder pendulums
 - a. Lean forward with your weight supported by the other arm.
 - b. Make small circles (the size of a cereal bowl) in a clockwise direction (5 reps)
 - c. Repeat the same in a counterclockwise direction (5 reps)



Notes about medications ordered for you

Oxycodone	<ul style="list-style-type: none">• Taking excessive amounts of opioid pain medication can result in serious issues, including constipation, drowsiness, falling and losing your drive to breathe.• Avoid the following while taking pain medication:<ul style="list-style-type: none">○ taking pain medications on an empty stomach○ drinking alcohol○ using recreational drugs○ driving• The maximum amount that can be safely taken varies person to person. Please take it as prescribed with someone around to help you in case you react poorly to it.• As your pain improves, taper down by increasing time between doses. You can try using ice and the other pain medications to increase the interval between doses.
Ibuprofen	<ul style="list-style-type: none">• If you have a history of an ulcer or stomach bleeding, do not take this medication• If you start feeling any stomach discomfort, please discontinue use of this medication
Tylenol	<ul style="list-style-type: none">• Do not take more than 3,000 mg in total per day.
Zofran (ondansetron)	<ul style="list-style-type: none">• Take only as needed for nausea, following the prescriptions on the bottle.

Contact information for issues that come up

- If you have any non-urgent questions or concerns, or if you would just like to give me updates on your progress after surgery, the easiest way to contact me directly is by e-mail at msheth@andersonclinic.com.
- If you would like to contact our office by phone or to change your appointment time, please call (703) 892-6500.
- For any urgent or emergent issues, you should either call our on-call physician, head to the emergency department or call 911.