



## Postoperative Instructions for Shoulder Surgery

### Medications/Diet

1. Eat only light, non-greasy foods today
2. Take pain medicine with food
3. While taking pain medicines, you may **not** operate a vehicle, heavy machinery, or appliances.
4. While taking pain medicines, you may **not** drink alcoholic beverages.
5. While taking pain medicines, you may **not** make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. Please keep in mind that constipation is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation.
  - Drink plenty of water (6-8 glasses of 8oz. a day)
  - Avoid alcohol, caffeine, and dairy products
  - Eat plenty of fiber (fruits, vegetables and whole grains)
  - Take an over the counter stool softener (Colace or Dulcolax)
  - Patients that have had upper extremity surgery should take frequent walks

### Activity/Exercise

1. Exercises are not necessary at this stage, and you will be given exercises at your first postoperative visit
2. You are in an immobilizer or a sling and should remain on at all times until your first postoperative visit
3. Please continue to move your fingers up and down and make a fist several times every hour to help reduce swelling and stiffness
4. Please keep ice applied to the shoulder for the first 72 hours or as long as pain or swelling persist. Do **not** apply ice directly to skin, or allow water to leak on your dressing
5. Most patients sleep in a recliner or in a reclined position after surgery. You may not roll onto the operative shoulder.

(over)

### Dressings/Shower

1. Please keep dressing dry.
2. If you have had an arthroscopy, you can expect some bloody drainage through your post-op dressing, which is normal.
3. Please reinforce your dressing with a dry sterile dressing.
4. You may remove your dressing the third day after surgery.
5. Cover your bandage with a trash bag or saran wrap if you shower before removing the dressing.

### Emergency/Follow-Up

1. Please notify my office at 631-981-2663 if you develop any fever (101° or above), unexpected warmth, redness or swelling in your shoulder. Please call if your fingers become cold, purple, numb, or there is excessive bleeding.
2. Please call the office within 24 hours at 631-981-2663 to schedule a follow up appointment next week.
3. Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the Rx must be picked up at our office.

**I have read and understand the above discharge instructions.**

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Patient or responsible party

Date

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R.N.

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Physician