



TWIN CITIES ORTHOPEDICS

Excellence in Research and Education

**Gregory N. Lervick, MD
Andrew Anderson, PA-C
952-456-7111**

HOME CARE FOLLOWING INPATIENT SHOULDER SURGERY

After your surgery you will have limited use of your affected arm. Please follow these guidelines to prevent any complications following your surgery.

DIET:

Your diet does not have any restrictions. You should drink plenty of fluids.

DISCOMFORT:

You have been given two prescriptions. The first is a narcotic pain pill (typically, Percocet or equivalent). The second is a muscle relaxant called Vistaril, which helps control muscle spasm and increases the effectiveness of the pain pill. If your pain is not adequately controlled with the prescriptions you have received, contact your physician. Do not take any alcoholic beverages while taking prescription pain medications.

You may have been given other medications, depending upon your individual condition. These medications should be taken as instructed by your physician. Examples of these medications include antibiotics, sleep aids, and stool softeners. If you experience any stomach upset, skin rash, or other adverse reaction from any of your medications, stop taking them and contact your physician.

You will also have a cold cuff provided for you. It is safe for you to use this. Recoil this as necessary in the hours and days following your surgery. You may stop using it at your discretion.

ACTIVITY:

Follow the physical therapy regimen that has been prescribed for you. This is explained in your physical therapy referral. You should have already scheduled your therapy sessions in advance. If you have not, contact a therapist at the location of your choice to schedule an appointment within 2-3 days of your surgery, and take the referral with you. You should then perform your exercise program daily, in addition to the sessions scheduled with your therapist.

Codman's (pendulum) exercises to begin: _____

Refrain from driving until you check with your auto insurance company to see if you are covered for driving with one arm.

ASSISTIVE DEVICES:

You should wear your sling or shoulder immobilizer for the following amount of time: _____

Wearing a button up blouse or shirt is recommended. The shoulder sling or immobilizer may be worn over the outside of your clothes. **Always keep your surgical arm hanging at your side when donning/doffing the sling.** Slide your surgical arm into the shirt sleeve first, and then the other arm. When taking off the shirt or blouse, do the opposite: slide your unaffected arm out of the sleeve first, followed by the surgical arm.

CARE OF YOUR INCISION:

Please keep the dressing over your incision clean and dry. You do not need to change this unless you notice drainage or the dressing becomes wet or soiled. If it becomes necessary to change the dressing, you should recover the incision with a dry, sterile gauze (no ointments) and large Tegaderm dressing provided for you.

SHOWERING INSTRUCTIONS:

Please do not begin showering until the **fourth** day following surgery. You should sponge bathe until that time.

You can shower with the Tegaderm and gauze dressing in place, letting the water run off the Tegaderm. Do not immerse the affected area under water. If the dressing becomes wet, you can replace it with fresh gauze and Tegaderm as necessary.

You may remove your sling for showering. You should let your arm hang at your side during the shower; do not actively move the arm when out of the sling. Do not immerse the affected area under water.

Inspect your incisions at the time of dressing change for increased redness, swelling, and drainage. Notify your doctor if these develop.

FOLLOW-UP:

Any modifications to the above instructions will be made at that time.

If you have any questions about your surgery, please call Dr. Lervick's care coordination, Ann, at: **952-456-7111**.