



## **What to Expect After Shoulder Surgery**

**Andrea Saterbak, MD**

- 1. You will return home the same day as surgery**
- 2. The nerve block used will wear off usually within 24 hours**
  - a. Make sure to take your pain medication before the block wears off in order to stay ahead of the pain
- 3. Sleeping:**
  - a. Patients are most comfortable sleeping in a reclined position
    - i. Recliner chair or propping up with pillows on the bed
- 4. Post-surgical exercises**
  - a. Pendulums
  - b. Finger/wrist range of motion
  - c. Formal PT will start after first post-op visit
  - d. Avoid lifting, pushing, pulling, carrying, or reaching with the surgical arm
- 5. Showering:**
  - a. Can shower after 2 days
  - b. Do not scrub incisions
  - c. Let water run over incisions
  - d. Do not take steri-strips off
  - e. Pat dry
  - f. Cover as needed
- 6. Wound management:**
  - a. Keep steri-strips on
  - b. Keep covered with a non-adherent gauze pad
  - c. Sutures will be removed at first post-op appointment
- 7. Call if the following arise:**
  - a. Increase in redness
  - b. Warmth to the touch
  - c. Drainage
  - d. Increase in pain for no reason
  - e. Fever above 101 degrees
- 8. Driving: Usually within 5-7 days**
  - a. Push sling back when driving
  - b. Must be off narcotic medications during the day

**If you have any questions or concerns, please contact Dr. Saterbak's team at 651-351-2618  
or [SaterbakAcareteam@tcomn.com](mailto:SaterbakAcareteam@tcomn.com)**