



What to Expect After Shoulder Surgery

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- 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 Nick Thorn at 651-351-2618 or SaterbakAcareteam@tcomn.com