

What to Expect After Shoulder Surgery

- 1. You will return home the same day as surgery**
 - a. You will be discharged wearing an envelope sling
 - i. Sling should remain on unless otherwise directed
- 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
 - b. Acetaminophen and ibuprofen (if able to take NSAIDS) can be used in addition to the narcotic medication to help with post-surgical 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
 - i. Squeeze a stress ball/sponge to help with hand/finger swelling
 - c. Formal PT will start after first post op visit unless otherwise directed
- 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. Cover as needed with a non-adherent gauze pad or band aids
 - 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 Sarah S at 651-351-2618**