



Discharge Instructions after Shoulder Repair

General

- Use ice on the shoulder intermittently over the first 48 hours after surgery, then as needed.
- Caution: Narcotics are habit forming and have multiple side effects. Begin to taper your use as soon as you are able.

Activity

- Wear sling at all times, removing it only to shower, dress/undress, or for any prescribed exercises. Do not drive while in your sling and/or on narcotic medications.
- When getting dressed/undressed, gently assist your elbow into a hanging position and lean over with your arm hanging down like a weight on a string if you need to access your armpit or slide on a shirt sleeve—do not raise your arm from your side against gravity.
- Move your fingers frequently to prevent swelling.
- Stay hydrated and walk frequently to avoid pneumonia, blood clots, and constipation.

Over the counter medications

- To prevent constipation: Stool softener of choice. A prescription for Senokot has been provided, but use whatever keeps you regular (Miralax, Colace, Dulcolax or Senokot).
- For pain: Tylenol should be used (as long as you do not have liver disease) for pain.
- Blood thinner: Aspirin 325 mg daily for 2 weeks unless you are already on a different blood thinner (Coumadin, Xarelto, lovenox, etc.) starting the day after your surgery.

Wound care

- You may remove your dressing after two days, leave any steri-strips/sutures/staples in place. They will fall off on their own.
- You may shower 5 days after surgery. The incision CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incision. Make sure your axilla (armpit) is completely dry after showering.
- Wait at least 1 month after your surgery to submerge yourself in a pool.
- Keep incision out of direct sunlight until the scars fade (months).
- If garments irritate incision, feel free to cover with a band-aid or gauze.

Diet

- Stay hydrated
- High fiber diet with extra fresh fruits and vegetables

Concerning Findings

If you have any problems:

- During business hours call the office: 312.432.2880
- After hours call and ask for the orthopaedic resident on call: 312.432.2880 , option 0
- Concerning findings: Excessive redness of the incisions, Drainage for more than 4 days after surgery, Fever of more than 101.5° F

You should see Dr. Garrigues or his PA 10-14 days after your surgery. If you do not have an appointment, please call 708-236-2701 to schedule. IF ARTHROSCOPIC PICTURES WERE TAKEN, PLEASE BRING THEM TO YOUR FOLLOW UP VISIT.