



## Dr. Sherrill's Shoulder Surgery Discharge Instructions

### WOUND CARE

- There may be slight bruising along the wound. This bruising may move into your arm and elbow. There may be a small amount of drainage from the incision.
- You may be more comfortable sleeping with your head and shoulders elevated with 2-3 pillows.
- Apply cold therapy or ice continuously for 48 hours, then at least 30 minutes 3 times a day, and following postoperative exercises. Avoid frostbite!
- Keep dressing clean and dry.
- You may remove dressing on \_\_\_\_\_ date. You may shower and pat dry. If steri strips present, leave in place. Do not soak in bath, hot tubs or pools. Do not apply ointments or lotions to incisions.

### ACTIVITY

- Sling/immobilizer: \_\_\_\_\_ wear at all times unless showering/exercises \_\_\_\_\_ wear 3-5 days for comfort \_\_\_\_\_ sleep in sling
- If you received a nerve block, YOU MUST wear your sling at all times until the block has completely worn off.**
- Swinging Pendulum exercises – 5 minutes at least 3-4 times daily. Do the pendulums in circles (clockwise and counter clockwise), X's and +'s. This is a passive exercise!
- Elbow Range of Motion exercises – bend and straighten the elbow slowly.
- Wrist and Hand Range of Motion exercises – the hand and wrist should be moved to prevent stiffness and swelling. You may squeeze a nerf ball, washcloth or grip spring.
- Ankle pumps. 200-300 times daily.
- Do not drive, operate machinery, or consume alcohol for the first 24 hrs after surgery and while taking pain pills.

*\*Do not be alarmed if a mild increase in pain is caused by the exercises. As post-operative pain and swelling subside, the exercises will become easier to perform.\**

### DIET

- Advance diet as tolerated. Drink extra fluids.

### NOTIFY YOUR PHYSICIAN (406-721-4436) FOR QUESTIONS/PROBLEMS OR:

- Unusual chest pain, leg pain or calf pain.
- Signs of infection such as redness, swelling or drainage. Chills or fever of 101 degrees or more.
- Persistent nausea/vomiting lasting longer than 24 hrs.
- If you do not urinate in 12 hours, go to the nearest emergency room.

### MEDICATIONS

- Resume preoperative medications.
- You may need to take an over-the-counter laxative while taking your pain medications to avoid constipation.
- For milder pain, you may take Advil/Motrin (ibuprofen), Aleve, or Tylenol (acetaminophen). Most pain medications contain Tylenol so check with your pharmacist so you don't exceed the recommended amount of Tylenol in 24 hrs.
- If you are CPAP dependent, use your machine whenever sleeping or napping while using pain medications.
- \_\_\_\_\_ You have been given the following pain medications: \_\_\_\_\_ at \_\_\_\_\_

### FOLLOW-UP APPOINTMENT \_\_\_\_\_

- Keep prior scheduled appointment. Phone (406) 721 – 4436, ext. 5550 to verify appointment.
- Have a responsible adult with you for the next 24hrs.

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Patient Signature

Nurse

Date