



Dr. Woods' 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.

Patient Signature

Nurse

Date