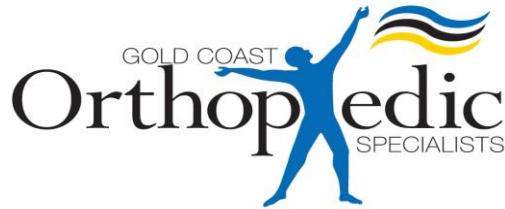


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Consultant Orthopaedic Surgeon – Surgery of Hip & Knee

SHOULDER SURGERY

POST-OPERATIVE INSTRUCTIONS

The degree of swelling and discomfort you experience may vary depending on how your procedure was performed and exactly what was done to your shoulder.

I. ACTIVITY LEVEL

- A. Rest frequently but not constantly, avoid lying on the operated side. Continue this until pain and swelling have mostly subsided.
- B. You may apply ice in a bag to your shoulder for 10-15minutes at a time, no more than once every hour. Take care not to injure the skin by direct application of freezing temperature.
- C. A sling is used to immobilize and unload the shoulder. You should remove the sling periodically to move the elbow. Unless instructed otherwise, the sling may be removed when sitting in a chair or lying in bed. When up and around you should always wear the sling until instructed otherwise. Don't let the arm hang.
- D. Driving is often not advisable until at least 6 weeks from the time of surgery.

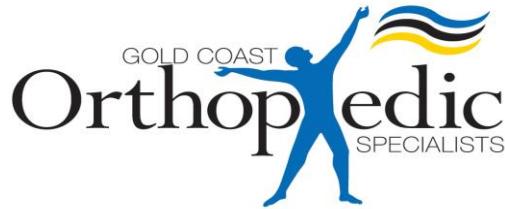
II. MEDICATION

Prescription medicine may be given to you prior to discharge. Prescription medicines may make you drowsy and/or dizzy, therefore driving a car or operating machinery is not allowed.

Simple analgesic (pain relief) medicine with paracetamol only may be substituted for prescription medication as your pain permits.

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Consultant Orthopaedic Surgeon – Surgery of Hip & Knee**III. CARE of INCISIONS**

- A.** The outer dressing may be removed prior to discharge or 2 days after surgery. Leave the inner dressing clean, dry and intact until your first post-operative review. If the inner dressing is inadvertently removed, replace it.
- B.** Keep the incision clean and dry after surgery. Showering is permitted, avoiding the direct stream contacting the water-resistant dressings. No baths or swimming until the incision is completely healed, (about 2 weeks). Routine showering may be resumed after first post-operative visit.
- C.** Once skin edges are healed scars can be massaged with a vitamin E cream. Scars may be kept covered with clothing or sunscreen when out in sunlight to minimize discolouration.
- D.** Some numbness around the incisions is normal during the healing.

IV. EXERCISE**Do Not Actively Lift The Arm Until Instructed To Do So**

- A.** Range of motion of the elbow, wrist & fingers may begin immediately. Pendulum shoulder and isometric exercises are commenced as instructed by the physiotherapist.
- B.** Following major shoulder surgery, such as rotator cuff repair, a staged, controlled upgrading of rehabilitation exercises will require supervision from a physiotherapist in the community over several months.

This information should serve as a general guide after surgery. As this is general information, your own care may be modified based upon the specific nature of your surgery and general condition.