

General Post-operative Instructions - Shoulder Surgery

Mr M J C Stanislas

Shoulder Specialist

The nerve block may well produce weakness, numbness of your operated arm and can last upto 24 hours. (See section on nerve block)

Commence food slowly, initially clear liquids.

Deep breathing exercises are important. When you are ready you can get out of bed always request the physiotherapist or nursing staff to help you.

Anti thrombosis stockings can be removed prior to leaving the hospital.

The dressings would be changed prior to discharge from the hospital. The wounds will have to be kept dry till the sutures are removed and change dressings as and when required. Do not get dressings wet.

Rest after surgery. Feeling light headed, dizzy or sleepy is not unusual. Sore muscles and generalised aching can last for 2-3 days. You may well have a sore throat for a day or two. Be careful whilst moving and climbing stairs. You should not drive or operate mechanical tools. Resume normal activities when you feel confident and comfortable, usually 2-3 days later.

You must take pain killers, anti-inflammatory medication as prescribed.

You will be given an appointment to have the sutures removed between 10 and 14 days.

Wear sling for _____ days.

Ice / cryocuff for 4-5 times a day

Exercises - as shown by physiotherapist

You will be seen back in clinic in 2 weeks. If you have any worrying questions please contact the hospital or my secretary or your GP.

What to watch out for:

- ∞ Drainage from the wound more than 2 days after surgery
- ∞ Increasing redness around the **shoulder**
- ∞ Pain or swelling in your arm
- ∞ Fever greater than 38 degrees centigrade
- ∞ Unable to keep food or water down for more than one day

