

**HOME CARE INSTRUCTIONS FOLLOWING
SHOULDER SURGERY**

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Date: _____

ACTIVITY

1. Wear shoulder immobilizer (except for showering and exercises) until _____.
2. Exercises:
 - None until Dr. OK's
 - Begin gentle range of motion on _____
 - Codman's/Pendulum exercises Pamphlet reviewed and given to patient/family

SURGICAL SITE CARE

1. Keep dressing clean and dry. Remove dressing in _____ days and apply new dressing or bandaids. Leave steristrips in place, they fall off in 5-7 days.
2. Remove pain pump on _____.
 - Pain pump pamphlet given to patient.
3. You may shower on _____.
4. After showering, pat the incision dry. Apply bandaids or gauze dressing (to protect incision from irritation of clothes and to prevent infection).
5. Avoid soaking or bathing for at least a week or until OK'd by your physician.

COMFORT

1. You may use ice to the affected area for 24-48 hours to reduce swelling and discomfort.
2. Keep extremity elevated as much as possible for 24-48 hours.
3. You may need to use prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If **nausea occurs**, take food in 1/2 hour prior to taking medication. If **nausea persists or rash occurs**, **STOP** taking medication and call your doctor.

4. For milder discomfort, use over-the-counter pain medication.
- 5.

MEDICATION

1. New medications:

2. Last dose pain medication: _____

DIET

1. Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persist, call your doctor.





Wausau, WI

715.847.2121 ~ 800.283.2881

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SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - While taking prescription pain medication.
2. Please follow these instructions for that time:
 - a. **DO NOT DRIVE** a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

WHEN TO CALL

1. If any of the following symptoms occur: SEVERE PAIN, REDNESS OR INCREASING DRAINAGE AT SURGICAL SITE, SWELLING OF ARM, FEVER (101° OR ABOVE), IMPAIRED CIRCULATION (i.e. numbness, coolness, blue/gray color), PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERN ABOUT YOUR RECOVERY.

WHO TO CALL

Dr. _____

Phone: _____

After Hours Phone:

Aspirus Day Surgery Plus Open 6:00 a.m.-7:00 p.m.
Phone: 847-2907 Monday - Friday

RETURN APPOINTMENT

DR: _____

Date/Time: _____

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time