



Information After Open Shoulder Surgery

Instability Repair • Rotator Cuff Repair

R.C. More, M.D.

DIET

You may resume your normal diet.

ACTIVITY

1. You may get out of bed and walk around as much as you can tolerate.
2. Driving: You may be able to use your hand on the operated side to assist holding the steering wheel. Do not drive unless you have an automatic transmission and you can manage the wheel safely.
3. Return to work will be when you feel you can function at work within the limits of shoulder immobilizer discussed below,

PAIN

1. You will be given a prescription for the following medications, if you are not allergic to them:
 - a. Celebrex, an antiinflammatory drug. You will take this for five days after surgery and it will greatly decrease your pain and swelling of the operation, without causing additional bleeding. Please do not take other antiinflammatory medicine, (eg Advil, ibuprofen, aspirin, Aleve) because they will thin your blood and may cause postoperative bleeding. Also, you should not take any antiinflammatory medicine for more than five days after surgery, because long term use can impair tendon and ligament healing.
 - b. A narcotic pain killer that you can use if needed for severe pain. This will make you drowsy, so it is best used at night to help you sleep. Possible side effects of narcotics include nausea, vomiting, and constipation.

For mild to moderate pain, tylenol (acetaminophen) can be taken every four hours as needed, with less side effects compared with narcotics.

2. Pain and swelling is expected after surgery and will gradually subside with time. An increase in pain may indicate that you need to decrease your level of activity.
3. Ice sometimes is helpful in the first 1 -2 days. Place a dry washcloth over your incisional area, then lay an ice bag on the wash cloth. Use for 20 minutes at a time, up to once an hour.

4. The first few night after surgery it is often more comfortable to sleep in a slightly upright position, such as in a reclining chair, or propped up on pillows on a couch.

WOUND CARE

1. Please remove the dressing the day after surgery and apply Band-Aids over small incisions.
2. The incisions will be sore and develop bruising over the next several days. The bruising eventually disappears; this does not require any special care.
3. In the first week after surgery, do not apply creams or lotions to your incisions. After the sutures come out and the steristrips fall off you can apply vitamin E to the incisions once a day which may decrease scarring.
4. As long as your incision is dry without drainage, you may take a quick shower. Replace the Band-Aids after the shower.

THE IMMOBILIZER

1. You will be placed in a shoulder immobilizer after surgery. This consists of a strap that goes around your chest, a velcro strap around your upper arm, and a velcro strap for your wrist.
2. The main chest straps should go on over your shirt.
3. The arm strap should be kept on at all times except during showers.
4. , The wrist strap can be used as needed for comfort. You will probably feel better using it routinely, but try to take the wrist out of the strap several times a day so that the elbow can be moved up and down to prevent elbow stiffness.

REHABILITATION

At the one week follow up visit, Dr. More will discuss proper exercises and when and if you will need physical therapy.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING:

1. Temperature of 101.5 degrees or higher
2. Foul smelling drainage from the wounds
3. Chills
4. Pain not relieved by rest and pain medication
5. Redness around the incisions

RETURN VISIT

You will need to visit your surgeon about a week after surgery. The appointment is usually arranged before the surgery. You will probably receive a phone call from one of our nurses the day after your surgery to check on your progress. In addition, do not hesitate to call if any problems or questions arise before your appointment.