

## After Surgery Instructions for **Shoulder Surgery**

1. You have probably had a Scalene Block to your arm. Because this numbs the arm this is great for anesthesia since we didn't have to give you as much anesthetic agent during the case--hopefully allowing you to feel more normal sooner. The block should last around 12 hours or so. So, if you had surgery at 8AM it may wear off as soon as 8PM. When the block wears off, it wears off suddenly and you could go from no pain to severe pain quickly. We recommend that you take pain medication (typically 2 Percocet) by 8PM even if you are feeling no pain. It is easier to maintain good pain relief than to try to "catch up".
2. You will usually have to take the pain medicine every 4 hours for the first day or two. After this, you can wean off the medicine and just take it as needed.
3. All pain medications can make you constipated. Drink plenty of fluids and eat lots of fiber to combat this. If you go for more than 3 days without a bowel movement, try a laxative. We recommend Miralax, an over the counter laxative.
4. Leave the dressing in place, we will change it at your first post-operative appointment.
5. Getting comfortable for sleeping is difficult after this surgery. It gets easier after several days. Many patients sleep better in a reclining lounger like a Lay-Z-Boy.
6. Ice packs or a commercial ice cuff/machine are very helpful to reduce pain and inflammation after the surgery. Since the bandage is so thick you can leave the ice bags on top until the shoulder gets cold. Don't ice bare skin however or you could get frostbite.
7. Anesthesia and the pain medication can cause nausea. If this is severe or leads to throwing up call our office at **246-2300** so we can call an anti-nausea medicine into your pharmacy. Have the pharmacy phone number handy--it's on the prescription bottles.
8. You probably have your first post-op appointment already scheduled, along with your first physical therapy appointment. If not, call us at **246-2326** to schedule it. We like to see you 3-5 days after the operation.
9. Getting dressed. Huge shirts work well to cover the shoulder. We will show you how to put a shirt on at the first office visit so that you can then start wearing the shirt under the sling.

10. Have someone drive you to the first appointment. You will be in a big sling and still probably taking pain medication. That wouldn't look good if you got in an accident.
11. If needed, you can supplement the pain medication we prescribed for you with ibuprofen (up to 800mg 3times a day), Don't take ibuprofen if you are allergic or have stomach or kidney problems.
12. Feel free to show off the awesome pictures of your repaired shoulder. This is certain to make your family and friends respect you!
13. Keep the dressing dry. After we change the big, bulky dressing to band-aids on the first post-operative appointment you may shower over the shoulder. Until then, however, sponge baths.
14. **Any questions or problems contact us anytime at 246-2300.** There is always a doctor on call.