

DISCHARGE INSTRUCTIONS: SHOULDER SURGERY

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MEDICATIONS / DIET

Eat only light, non-greasy foods today & Take your medication with food,
While taking pain medicines, **DO NOT** operate a vehicle, heavy machinery or appliances
While taking pain medicines, **DO NOT** drink alcoholic beverages
While taking pain medicines, **DO NOT** make critical decisions or sign legal papers
If you have any reactions to your medicines, stop taking them and call my office immediately
It is best to confirm with your Primary Care Doctor that you are okay to take these medications:

Pain Medication: Take as directed. **Examples:** Tramadol, Oxycodone or Hydrocodone.
Take 1-2 tablets every 4-6 hours as needed for pain. If you have no pain, do not take these pills. You can additionally take Tylenol 500mg 1-2 tablets every 6 hours as needed

Anti-inflammatory Medications: If your pain is uncontrolled with above pain medication and if okay with your primary care doctor. Don't take if you are on a blood thinner, have kidney disease or history of ulcers.

Examples include: Aleve 500 mg every 12 hours -OR- Ibuprofen 800 mg every 8 hours

Nausea Medication: Please contact our office if you need a prescription. Nausea is a common side effect of pain medication and anesthesia. Take your pain medication with food to try and reduce the chance of nausea. **Example:** Zofran (Odansetron) 4 mg every 6 hours

Example of how to take pain medications (if not allergic to or if no ulcer history):

- **Tylenol (extra strength)** 500-1000 mg every 6 hours
- **Aleve** 2 tablets in AM and 2 tablets in PM (if not on blood thinner),
- **Oxycodone (if prescribed)** 1 tablet every 4 hours scheduled for the first few days and additional tablet(s) as directed every 4-6 hours as needed for breakthrough pain –or-
- **Tramadol (if prescribed)** 1 tablet every 4 hours scheduled for the first few days and additional tablet as directed every 4-6 hours as needed for breakthrough pain.

Please keep in mind that **constipation** is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation:

- Drink plenty of water (6-8 glasses of 8 oz. a day)
- Avoid alcohol, caffeine, and dairy products
- Eat plenty of fiber (fruits, vegetables and whole grains)
- Take an over the counter stool softener (**Colace, Miralax, or Dulcolax**)

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ACTIVITY / EXERCISE

SLING: You are in a sling or immobilizer. You may remove this to shower.
Remove sling 3 times daily for elbow and wrist range of motion.

SLEEP with your **SLING ON**.

Some patients find it more comfortable to sleep in a **recliner chair** for 3-6 weeks after surgery
Shoulder exercises are not necessary at this stage, and you will be given exercises at your
physical therapy appointment which should be scheduled to start within 7 days of surgery

DO NOT move your shoulder unless instructed to do pendulum exercises.

ICE: It is beneficial to use ice for at least a few days to reduce swelling. Please apply **ice** to the
shoulder for the **first 72 hours** for: **40 minutes at a time every 4 hours**.

Do not apply ice directly to skin. **Do not** allow ice to melt / leak onto your dressing or wound

DRESSINGS / SHOWER

Please keep dressing dry

It is normal to expect some bloody drainage through your post-op dressing

Please reinforce your dressing with a dry sterile dressing as needed

You can **remove your bandage dressings 3 days after surgery and can shower** after they
have been removed

DO NOT rub over your incisions. Please pat dry surgical site only

DO NOT take a bath

Keep your stitches in place until seen at follow-up appointment

SMOKING / NICOTINE: Please know that using nicotine products (smoking cigarettes, chewing tobacco, etc...), can lead to poor healing and potentially worsen your outcome. Please quit and if you can't quit, cut back as much as possible.

EMERGENCY / FOLLOW-UP

My clinic phone number at Prairie Orthopaedic & Plastic Surgery, PC is: (402) 489-4700

For urgent calls after hours, please call our Answering Service at: (402) 474-3434

Please notify my office if you develop any fever (101° or above), unexpected warmth, redness
or swelling.

Please call if your digits become cold, purple, numb, or there is excessive bleeding.

Please call the office within 24 business hours to schedule a follow up appointment if one has
not already been provided for you.

Please call the office before 3pm on Friday if you do not have enough pain medicine for the
weekend. Narcotic pain medication cannot be called into your pharmacy and the
prescription must be picked up at our office.