



Michael G. McNamara, MD
 Kevin C. Paisley, DO
 Jason R. Gray, MD

Robert R. Thomas, PA-C
 Jennifer A. Fayette, PA-C
 David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • www.akhanddoc.com

Discharge Instructions after Shoulder Surgery

- A sling/immobilizer has been provided for you. Remain in your sling/immobilizer at all times with the exception of hygiene and physical therapy activities. This includes sleeping in your sling/immobilizer.
 - **DO NOT USE THE HAND GRIP UNTIL YOUR BLOCK HAS COMPLETELY WORN OFF AND YOU HAVE FULL SENSATION IN YOUR HAND.**



- Use ice/cryocuff on the shoulder on a scheduled basis over the first 48-72 hours after surgery. Continue to ice/cryocuff intermittently for the next few weeks as needed to reduce inflammation, especially after physical therapy. Take the cryo sleeve off occasionally and wipe it down with a towel as it does build condensation.
- Pain medication has been prescribed for you. If you have been given an indwelling nerve block, begin taking pain medication on post-operative night number 2. You may begin taking it sooner if the nerve block has begun to wear off. Take your pain medication approximately 45-60 minutes prior to the removal of your nerve block.
 - **Nerve block: You may have mild shortness of breath after the nerve block, this is normal.**
 - **Pain medication: May cause constipation, you may want to start an over the counter stool softener such as Miralax, Senokot or Colace.**
- Use your pain medication as directed over the first 48 hours after you begin taking it and then begin to taper your use. You may supplement the pain medications with over the counter Tylenol (acetaminophen), Advil (Ibuprofen, Motrin), Aleve (Naproxen sodium) as needed. **DO NOT TAKE TYLENOL (ACETAMINOPHEN) IF YOU HAVE BEEN PROVIDED PERCOCET OR NORCO.**

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.



Michael G. McNamara, MD

Kevin C. Paisley, DO

Jason R. Gray, MD

Robert R. Thomas, PA-C

Jennifer A. Fayette, PA-C

David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • www.akhanddoc.com

- You may be referred to Physical Therapy for a PREHAB appointment and then you'll start PT at approximately 2 weeks after surgery.
- You may remove the bulky dressings after 3 days (after the nerve block is removed). Dry dressing will be provided to you. Please do not use any ointment or lotion over the incision.
- You may shower 3 days after your surgery (after your nerve block is out). The incision(s) CANNOT get wet prior to 3 days or until the wound is dry. Remove all of the dressings or cover the area with plastic bag/tape. Allow the water to wash over the site, do not scrub and then PAT dry. Do not rub the incision(s). Make sure your axilla (armpit) is completely dry after showering. You may use baby powder on gauze or on a dry washcloth to help keep your armpit dry.
- Attend Physical Therapy as directed.

HAPPY RECOVERY!

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.