

Dr. Boretz's Post Operative Shoulder Surgery Instructions

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1. Use ice or your cryocuff over your dressing to decrease swelling and control pain for the first few days after surgery.
2. Move your fingers constantly. This will decrease swelling, pain and restore motion. You may use your hand for *light* activities.
3. You may remove your sling to straighten your elbow. Also, move your wrist and fingers frequently.
4. If your fingers become numb, swollen or blue, and the dressing feels tight, then loosen the outside bandage and rewrap. Call the office if you have questions.
5. Take your prescribed pain medication as necessary as soon as you have discomfort. **DO NOT** wait until the pain is severe. You may take a non-steroidal anti-inflammatory drug (NSAID), Advil or Aleve, unless you had a rotator cuff repair. **DO NOT** take NSAID's if you had a rotator cuff repair.
6. Unless otherwise specified, you may remove your post-operative dressing 48 hours after surgery and shower. The wounds may get wet. Pat the wounds dry and cover with band-aids after showering.
7. **IF YOU HAD A ROTATOR CUFF REPAIR OR LABRAL REPAIR, YOUR SLING SHOULD REMAIN ON EXCEPT FOR SHOWERING.**
8. A fever (temp >101) is normal 24-48 hours after surgery. Use Tylenol or Advil. If fever persists, call the office.
9. Your pain should improve with time. If your pain starts to increase, call the office.
10. Bleeding, staining, and some drainage are normal after surgery. If drainage increases or the wound becomes red or painful, call the office.