



Overnight at Texas Orthopedic Hospital

Glenohumeral Reconstruction

The sling

Wear the sling at all times except while bathing or dressing. Sometimes your elbow can become sore while in the sling. You may remove the sling from your arm to gently straighten and bend your elbow. Don't lift your arm to remove the sling; keep your arm still and gently unbuckle the top part of the sling and use your good arm to lift your operated arm out of the sling.

The ice pack (Cryo Cuff)

The ice pack will help reduce inflammation and pain. Use it as much as possible.

Pain medication

We have many ways to keep you comfortable. The injection the anesthesiologist gave you before surgery will last 4-24 hours. The length of time varies from patient to patient. Because your arm is numb your shoulder will not hurt but along with this is that you will not be able to feel your arm and hand. This is strange for everyone but it is normal. As the injection wears off the feeling in your hand will return but along with this the shoulder will start to ache. At this point take some pain medicine. Don't wait until the pain is severe; start taking the pain medicine as soon as you feel some discomfort in your shoulder.

Hospital discharge

You can expect to leave the hospital around 10 the next morning. I or one of my associates will see you before you go home.

Bathing and dressing

The nurse will remove the bandage before you go home. It is safe to shower or bathe with regular soap and water. Don't worry about the surgery incisions. Remove your sling before you shower. Remember not to raise your arm. Bend from the waist, let your arm fall naturally away from your body and wash under your arm. When you get dressed, lean over again and let your arm fall away from your body. Put your operated arm in your shirt or blouse first. Then put your other arm in. One of the hardest things to do while dressing is buckling your pants as this can put stress on your operated shoulder. Be aware of this and wear some larger pants so that you do not strain your shoulder.

Driving

You may drive when you feel comfortable. Remember that you cannot drive while you are taking narcotic pain medication. If I operated on your right



shoulder use your left hand to reach around and turn the car on and move the gear shift. You should turn the steering wheel with your left arm only. If I operated on your left shoulder the hardest thing to do is get the seat belt on and close the car door. If you practiced this before surgery it will be easier. Before you get into your car seat, use your good arm to close the door as much as possible. Then reach over with your right arm and close the door. Reach up with your right hand and fasten the seat belt.

Return to the office

Call sometime in the next few days (713-799-2300) and make an appointment to see me about 2 weeks after your operation.

Gary M. Gartsman, MD