



Shoulder Joint Reconstruction

Postoperative Instructions

THE OPERATION I repaired the torn ligaments in your shoulder.

PAIN You will be given prescriptions for pain medicine. Fill these at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 3 hours for pain if needed. The ice pack should be worn for 1 hour, four times a day for the next 3 days. This will help reduce swelling and pain. After that you may wear the ice pack as much as you would like.

WOUNDS The incisions may be sore and develop bruising over the next several days. This will go away and no special care is needed. No bandage is needed over the surgical wounds. As the tapes over your incisions become loose you may remove them. The sutures are under the skin and they dissolve.

BATHING It is safe to take a shower or bathe 24 hours after surgery. To bathe remove the sling and use your other hand to support the arm under the elbow. You may wash the incision with regular soap and water.

ACTIVITY A sling is necessary to support the arm. Try to move your shoulder as little as possible. Do not raise your arm up or reach out. You may bend and straighten your fingers, wrist and elbow as much as you desire. It is safe to write and eat with your operated arm as long as there is no pain. Do not carry anything with your operated arm.

PRECAUTIONS If you have a temperature, severe pain, or redness in your shoulder, please contact the office.

FOLLOW-UP Call the office and ask for the appointment desk. Make an appointment to see me about 3 weeks after your surgery.

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