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Shoulder Reconstruction: Postoperative Instructions

Diet: Resume regular diet as tolerated.

Medication: Take pain medicine as prescribed.

Take EC Aspirin 325mg twice a day for 6 weeks after surgery.

Please avoid taking non-steroidal anti-inflammatory medication for 4 weeks after surgery unless specifically instructed to do so by your surgeon (i.e. Motrin, Advil, and Aleve).

Please resume regular medication regimen after surgery unless specified.

Other: _____

Activity:

- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the shoulder 3 times per day for 20 minutes for about 1 week or until your shoulder is feeling comfortable again.
- Open and close your hand and flex and extend your wrist and elbow, 5 to 10 times at least two times a day (see “exercises” section and photos below)
- Keep a pillow under your elbow or behind your upper arm while lying down or sleeping. Sleeping in an upright position (recliner) may be more comfortable.
- **DO NOT** use heat
- **DO NOT ACTIVELY** (on your own) lift your operative arm away from the side of your body or rotate it out away from your body unless you are with your physician, physical therapist, or athletic trainer.
- **DO NOT USE** exercise equipment unless otherwise instructed.

Sling & Dressing care:

- Maintain the operative arm in a sling/brace at all times (including while sleeping), until you are seen back in the physician’s office. When doing the range of motion exercises for the elbow, wrist, and hand you do not need to be in the sling.
- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- If the dressing does get soaked with wound seepage, call your physician’s office at 914-686-0111.
- **KEEP ALL DRESSINGS ON UNTIL YOU SEE YOUR PHYSICIAN.**
- Do not put any ointments or creams on the incision.

Showering:

- You may shower after surgery unless told otherwise. The dressing is waterproof. If the dressing does become wet/soaked, call your physician. **DO NOT** immerse the shoulder under water.

Notify your physician if you experience any of the following:

- Any fever over 101.5 degrees
- Excessive bloody seepage or wound drainage

Follow up: Please call 914.686.0111 to schedule your follow up appointment. You should return to the office within 10-14 days after surgery.

Exercises:

