



# Mid-America Orthopedics

## Shoulder Surgery Postop Care Instructions

- You may remove your dressing after 72 hours. If you have white steri strips applied over incision, these are to remain on until your postop appointment. Keep your incision clean and dry. You may shower and let water run over your incision, but do not scrub. Pat dry once done. No soaking of incision for 4 weeks.
- If you are in a sling with pillow, this is to remain on at all times unless showering, dressing yourself or attending physical therapy. If you are on a home exercise program, it may be removed at this time as well. **DO NOT REMOVE** brace while sleeping.
- Ice for 20 minutes every hour for the first 3-7 days postop. Do not apply ice pack directly to skin.
- When sleeping we recommend you sleep in a recliner. If you do not have a recliner we recommend you sleep in a propped up position with pillows behind you.
- If you received a nerve block, this can last up to 12-24 hours after surgery. The nerve block does not always take and varies patient to patient. If you experience any difficulty breathing, please contact our office at (316) 978-9000.
- Do take pain medication as directed for the first 3-5 days even if you had to get up through the night. This will decrease the immediate onset of pain. If you feel that your pain medication is not lasting the 4-6 hours as prescribed, we recommend you alternate doses of Ibuprofen in between if able to take an anti-inflammatory. You can take up to 2,400mg of Ibuprofen in a 24 hour period. If you have tried this and still no relief, contact our office if during business hours (316) 978-9000.
- You will be given a script of anti-nausea medication with your postop pain medication. This is for you to take if you are vomiting or feeling nauseated only. You do not have to take this if you have no symptoms.
- If over 18 years of age, do start taking an Aspirin 325mg. One tablet once daily for 4 weeks.
- Call our office if you notice abnormal redness, warmth or drainage of the incision. Also, if you experience any pain, swelling and warmth of the calf.
- You may receive a refill of pain medication every 7 days. Since it is a controlled substance we are not able to call to a pharmacy. You will have to come to our office to



pick up a prescription and hand carry to the pharmacy. If your refill day is on a Friday, you will need to call prior to 3pm to have ready by the end of the day. We do not fill prescriptions over the weekend or after hours.

- If you have any other questions or concerns, contact our office at (316) 978-9000.