
Patient Shoulder Surgery Discharge Instructions

Surgery: _____

These instructions are intended to guide your recovery to be as smooth as possible. Always follow any additional instructions given by Dr. Mayo or his team, contact the office if you have questions.

Activity

Weight Bearing

- Weight-bearing as tolerated
- Non-weight bearing
- Other: _____

Sling Wear

- No sling needed
- Sling for comfort only, ok to remove as tolerated
- Sling on at all times except bathing, changing, and therapy exercises. Arm hang to side during this.

Range of Motion

- No range of motion
- OK for motion as directed by physical therapy only
- Pendulum exercises daily
- Range of motion as tolerated
- OK for elbow, hand, and wrist motion

Driving

- You may drive if you are off pain medications and walking normally
- No driving until cleared by Dr. Mayo or his team

Physical Therapy

- You will have physical therapy the day after surgery. If you do not have this scheduled, please call immediately to arrange this.
- No physical therapy until instructed in clinic
- You can do the following home exercises several times per day until then.
 - o Scapula and shoulder shrugs
 - o Elbow, hand, and wrist motion

Smoking

- Refrain from smoking as it can interfere with healing.
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Pain Control

Postoperative pain is common but should be controlled by these interventions.

Elevation

- Elevate your knee as much as possible for the next few days to help reduce swelling and pain.

Ice Therapy

- Apply ice or use your cold therapy unit, if you have one, as often as you can tolerate for the first several days after surgery. Wear it over your clothing.

Pain medications

- Tylenol (Acetaminophen) 500 mg. Take every 6 hours for 1 week (scheduled, not as needed) to control your pain. After 1 week, take it as needed.
- Celebrex 200 mg – this is an anti-inflammatory pain medication. Take twice a day (scheduled, not as needed) to control your pain.
- Naproxen 500 mg – this is an anti-inflammatory pain medication. Take twice a day (scheduled, not as needed) to control your pain.
- Norco 5-325 mg - this is a narcotic pain medication. Take as needed no more frequently than every 4-6 hours. Gradually wean as tolerated. Do not take
- Oxycodone 5 mg – this is a narcotic pain medication. Take as needed no more frequently than every 4-6 hours. Gradually wean as tolerated



Other: _____

Other Medications

Blood Thinner (DVT prophylaxis)

- Aspirin (Ecotrin) 81 mg – this is to help prevent blood clots after surgery. Take twice a day for 28 days whether you are having pain or not.
- Aspirin (Ecotrin) 325 mg – this is to help prevent blood clots after surgery. Take twice a day for 28 days whether you are having pain or not.
- None – recommend ambulation
- Resume home medication
- Other: _____

Other Medications

- Promethazine (Phenergan) 12.5 mg – this is to help with postoperative nausea. Take every 6 hours as needed for nausea/vomiting for up to 7 days.
- Colace 100 mg – this is an over the counter medication for postoperative constipation. Take twice a day as needed for constipation.
- Other: _____

Home Medications

- Resume your home medications

Dressings/Bathing

Bandages/Dressings

- Keep all your bandages clean and dry. If your dressings get wet, or saturated with blood, please call the office at the number below for instructions.
- Remove your bulky bandages on postoperative Day _____. Leave the small white band-aids (Steri-Strips) on if you have them. They will be removed when your sutures are removed around 2 weeks after surgery.
- You may be able to see purple/black suture tails under your bandages. This is normal. Do not pull them, we will take them out in clinic.
- After the initial bandages are removed, keep the wounds covered with clean dressings.
- Postoperative bleeding is not unusual. Reinforcing your dressing is alright. If you have concerns about the amount of bleeding, please call.

Showering/Bathing

- You can shower after the initial post op dressing is removed. Do not scrub
- You can shower with your initial bandage in place if it is well sealed, OK to shower once removed
- No soaking in a bathtub or any swimming (pool, hot tub, lake, river, etc.).

Follow-up & When to Call

- Follow-up will be in approximately 1-2 weeks with Dr. Mayo or his team. If you do not have an appointment already scheduled, please call the office number above.
- If you have *any* concerns about your recovery, feel free to call our office. It is better to check early rather than wait if something seems wrong. If this is after hours and urgent, please call 855-750-5757. If of an emergent nature, please go to your local Emergency Department to be evaluated.
- Call the office promptly and/or report to the Emergency Department for evaluation if you develop any of the following: signs or symptoms of infection, including fever >101.5, marked increase in pain, new redness, or increased drainage, particularly purulent drainage, or if you develop unusual chest pain and/or shortness of breath, significant calf swelling, tightness, or pain.
- Call the office or seek medical attention if you have calf swelling, redness, or pain; this can be a sign of a blood clot (DVT).
- If your fingers or toes become cold, discolored, or you feel increased numbness or tingling, loosen the bandages slightly and call the office if symptoms do not improve quickly.

