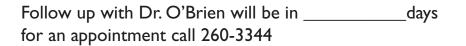
Contact your surgeon if you experience the following (if not available to call, contact your family Doctor)

- Fever, elevated temperature or chills
- Increased redness or drainage from the incisions
- Increased pain not eased by the pain medication and rest





Post Operative Instructions for Shoulder Surgery

Vernon Jubilee Hospital 2101 32nd Street Vernon, BCVIT 5L2 Phone: 250-545-2211 You must be accompanied home by a responsible adult. You may not drive. An adult must stay with you after surgery and overnight if you have had a general anesthetic.

Pain Control

I. Medication

You should have a prescription for pain and/or anti-inflammatory medication before leaving the hospital.

- Take pain medication as directed
- Any questions about medication, call your Doctor or Pharmacist
- Take pain medication with food
- Do not drink alcoholic beverages or drive while using pain medication

Good Pain Control is Very Important

2. Use of Ice

- Use ice to decrease swelling and pain
- Ice can be used up to 15 minutes ever hour as needed
- Ice can be in the form of crushed ice, gel pack, frozen vegetables or Cryocuff®
- Ice will be most effective for the first 48 hours after surgery.
- 3. Sling (Shoulder Immobilizer)
- Wear sling at all times as applied in hospital unless otherwise directed
- eg: armpit hygiene and exercise

If pain increases significantly contact your Doctor, Hospital Emergency or Walk-In Clinic Armpit Hygiene

Lean forward, sling backstrap to be undone Wash and dry underarm (arm must remain close to your body) Apply baby power or cornstarch

Bathing

Sponge bathing until bulky dressing removed and otherwise directed

Activity and Exercise

Good posture is very important during your entire recovery. A daily walk or ride on a stationary bike is important.

Hand movement

- To be done hourly
- Flex wrist back and forth and circle
- Bend and straighten fingers as making a fist (squeeze a soft rubber ball)

You will be given a requisition for Physiotherapy to begin as ordered by the Surgeon

Driving

• You must have someone drive you until otherwise advised

Sleeping

• Finding a comfortable position to sleep can be difficult for the first few days

Some tricks to help sleeping:

- Try sleeping in a semi-reclined position or recliner chair, arm supported by pillow
- When lying down, support the elbow from behind with one or two pillows so it doesn't fall back against the bed
- Do not sleep on your side or stomach

Healthlink BC

Dial 8-1-1

Talk to a Nurse 24 hours/day, 7 days/week Pharmacist available between 5 p.m. - 9 a.m. daily Dietitian between 9 a.m. - 5 p.m. - Monday to Friday www.healthlinkbc.ca