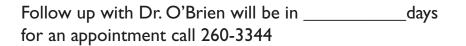
Contact your surgeon if you experience the following (if not available to call, contact your family Doctor)

- 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 32<sup>nd</sup> 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