

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

Follow up with Dr. O'Brien will be in \_\_\_\_\_ days  
for an appointment call 260-3344



Interior Health

## **Post Operative Instructions for Shoulder Surgery**

Vernon Jubilee Hospital  
2101 32<sup>nd</sup> Street  
Vernon, BC V1T 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**

### **1. 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 powder 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*