



**Robert S. Williams, MD**  
**Kimberly Petrila, PA-C**

Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

## **POST-OP INSTRUCTIONS AFTER SHOULDER SURGERY**

Anesthetics and pain medications may produce nausea and vomiting in certain individuals. If nausea becomes a problem at home, call our office.

A prescription for pain will be e-prescribed to your pharmacy two days before your surgery. Take the medication as needed. You should be able to transition to Tylenol or NSAIDs around three days after surgery.

After surgery, you will have a bulky dressing to absorb any operative fluids/blood. You may remove it after three days and place waterproof bandages over the portal sites. You are then able to shower like normal. Do not soak in a tub or pool.

Wear the sling until your post-op follow-up. If seated in a chair or bed, you may remove to perform gentle range of motion to your elbow, wrist, and hand. The exercise will help control swelling and can decrease stiffness. **DO NOT** move your upper arm away from your torso. It is expected to have swelling in your hand and fingers, which may remain for several weeks.

Notify your physician for:

- Temperature over 101.5 degrees or severe chills.
- Severe pain not relieved by prescribed medications.
- Numbness, redness, or tingling of operative extremity.
- Excessive swelling, paleness, or coldness of operative extremity.

A staff member will call the day after surgery to see how you are doing and answer any questions you may have.

Ice operative site for 20 minutes every hour as needed for symptomatic relief.

Additional advice: If you are taking pain medication, drink plenty of water and consume fiber to prevent constipation.

Keep your post-operative appointment at Coastal Orthopedics.

**Call our office for any questions or concerns (361) 994-1166.**