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

POST OPERATIVE INSTRUCTIONS AFTER SHOULDER SURGERY

- Certain 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 2 days before your surgery. Take the medication as needed. You should be able to transition to Tylenol or NSAIDs around 3 days after surgery.
- You will have a bulky dressing on after surgery to absorb any operative fluids/blood. You may remove after 3 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.
- Use the sling until your post-op follow-up. If you are seated in a chair or in bed, you may remove to perform gentle range of motion to your elbow, wrist and hand. DO NOT move your upper arm away from your torso. This will help with swelling and can decrease stiffness. It is normal to have swelling in your hand and fingers, which may remain for several weeks.
- Notify your physician for:
 - A. Temperature over 101.5 degrees or severe chills.
 - B. Severe pain not relieved by prescribed medications.
 - C. Numbness, redness, or tingling of operative extremity.
 - D. Excessive swelling, paleness or coldness of operative extremity as compared to other.
- A member of our staff 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 instructions: If taking pain medication, drink plenty of water and take fiber to avoid constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

Any questions or concerns call our office staff at (361) 994-1166.