
INSTRUCTIONS FOLLOWING YOUR SHOULDER SURGERY

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First follow-up visit after surgery

- Call the office the day after your surgery and make an appointment for early in the next week to see Dr. Pruzansky, unless specified otherwise.

Dressing & Wound Care

- Keep your bandages dry. These bandages may be removed two days after your surgery, leaving the small skin tapes in place.
- You may shower after you remove the bandages by covering the shoulder with Saran-Wrap and scotch-tape and allowing the shower water to rinse the opposite side of your body. If your wounds bleed, just place a band-aid over each incision until they are dry.
- Use your cold therapy pack continuously after surgery (if insurance coverage permits). You may replace it with an ice pack four times a day for 15 minutes. The company provides instructions for returning the ice machine to them, cost free. The parts which you apply to your body are disposable.

Discomfort

- You will experience some pain and discomfort after surgery.
- By the third day, this pain usually decreases significantly.
- You will be given a prescription for pain medication. Take the medication as prescribed.
- If the discomfort is mild, you can take one or two Tylenol, 4 – 6 hours as needed, **instead** of the prescribed pain medication.
- Moderate swelling of the hand is normal, pain free.

Temperature

- A temperature of up to **101.5°F** is common for the first three days after surgery.
- If your temperature is elevated above 101.5° F, call this office.

Exercise

- You are to remain in the abduction sling with one or both straps (depending on the model) in place at almost all times.
- You may remove the sling in the shower, keeping the bandage dry, and let the operated arm hang at the side, doing nothing, while washing yourself with the opposite hand.
- Do not elevate or lift your arm away from your chest. Small movements of the shoulder in the sling are permitted after surgery. Move your elbow and wrist in all directions several times a day to avoid stiffness.
- When dressing, place the operated arm through shirt sleeves first and remove it last when disrobing. You must wear your sling at all other times until otherwise instructed.

We hope this answers many of your questions regarding your surgery. These are only guidelines however. If you have any other concerns or questions of any kind, do not hesitate to call this office at 212-249-8700. When you leave a message after office hours for an emergency call from the doctor, remember to unlock your phone line in order to receive calls from a private phone line.