



## **General Open Shoulder Surgery Post Op Instructions**

- Diet**
- Resume regular diet as soon as possible.
- Medication**
- Take 1-2 tablets every 4-6 hours as needed for pain.
    - Percocet  Vicodin  Norco  Tylenol #3
  - You have been given a prescription for Reglan. Fill this prescription **ONLY IF** you have severe nausea.
  - **Restart your daily medication unless you are otherwise instructed**

You will be given a prescription for pain medicine when you are discharged from the hospital. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation and urinary retention. If you experience these side effects please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

**Refills on pain medication are authorized during office hours only (8am-5pm; Mon-FRI.). Meds will not be refilled on weekends.**

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### **Activity**

- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the shoulder 3 times per day for 20 minutes for the first 1 week until your shoulder is feeling comfortable again.
- **DO NOT** use heat.
- **DO NOT** actively (on your own) lift your operative arm away from the side of your body unless you are with your doctor, physical therapist, or athletic trainer.
- **DO NOT** lift anything with your operative hand.
- Place a pillow behind the elbow while lying down or sleeping. Sleeping in a more upright position (recliner) maybe more comfortable initially.
- Open and close your hand, flex and extend your wrist and elbow. Do each 10 times every hour that you are awake.

### **Sling**

- Use a sling at all times & while sleeping until your next office visit. You may remove your sling if you are sitting with your arm resting in your lap or supported on pillows
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