

Open Shoulder Surgery

Home Care Instructions

- Sling or Immobilizer** If you leave the hospital with one of these, continue to use it at home until your return visit. They can be removed for daily personal hygiene.
- Diet and Activity** Start out with liquids and progress to your regular diet as tolerated. Don't plan any other strenuous activities until you have been cleared by Dr. Russonella to do so.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if your need to relieve severe pain. Only take one pill every 4 hours. If your pain is not relieved by one pill, you may take 2 pills at your next dose. You may also use Aleve or Advil over the counter medicine if you choose. Use caution when taking narcotic medications because they affect your ability to drive and concentrate.
- Wound Care and Showering** The portals usually continue to drain or leak after you have returned home. Don't become alarmed unless you consider the volume or color of the drainage to be excessive. Every day you should clean the wounds with alcohol and apply a band aid to each wound. If you have a larger incision, you will need to keep it away from water until the stitches or staples have been removed. 72 hours following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the wounds have been completely sealed off.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever $>101^{\circ}\text{F}$, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office. Pain unrelieved by prescribed medication or numbness and/or tingling, pale, blue or cold arm should be brought to the doctor's attention.
**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****