



AUCKLAND BONE AND JOINT SURGERY

MR. BOYLE'S SHOULDER SURGERY POST-OP INSTRUCTIONS

1. Wound Care

- You will have a large, padded dressing covering your shoulder. Please remove this large, padded dressing 24 hours after your surgery.
- Beneath your large, padded dressing will be a number of small, sticky plastic dressings. It is very important that you leave these plastic dressings in place for the first 10 days after surgery; if these dressings fall off, please replace them with the spare dressings supplied by hospital staff.
- You may shower 2 days after surgery. Please avoid direct water flow onto the plastic dressings. Please pat the dressings dry afterward. In general, keep your dressings clean and dry.
- Do not get into a bath, tub or pool until 3 weeks after your surgery.

2. Icing

- Please apply ice packs to your shoulder every two hours for 30 minutes, for the first 24 to 48 hours after surgery, to help decrease swelling and pain. After that, you may apply ice packs to your shoulder 3-4 times per day for 30 minutes each time, until swelling and pain have resolved.

3. Sling

- A sling has been applied to your shoulder. Wear this at all times (including at night) except to shower and during physiotherapy exercises, for a total of:
 2 weeks 4 weeks 6 weeks
- You may loosen the sling to allow movement of the elbow, wrist and hand several times each day.

4. Activity

- You may begin gentle shoulder blade postural motion, elbow range of motion and wrist and hand exercises immediately after surgery as pain allows. Let pain and swelling be your guide as to how much you do.
- Do not perform shoulder pendulum exercises unless discussed with Mr. Boyle.

5. Physiotherapy

- Please make an appointment to see your physiotherapist 2 weeks after surgery.
- You will be provided with a rehabilitation protocol for your physiotherapist as part of your discharge paperwork – you must take this protocol to your physiotherapist.

6. Pain Control

- You have been prescribed strong pain-relieving medication by your anaesthetist for pain control after surgery. Please use the medicine as prescribed and do not drive, drink alcohol, or perform activities that require concentration (i.e. school or work) or manual dexterity while taking this strong medication.

7. Sports

- Do not resume any sports of any kind until you have discussed this with Mr. Boyle at your first post-operative clinic visit.

8. Follow-up appointments

- Please arrange to see your GP for a wound check/suture removal 10 days after your surgery.
- A follow-up appointment with Mr. Boyle should have already been made for you approximately 6 weeks after surgery. If not, please call (09) 281-6733 to schedule an appointment.

9. Driving

- Do not drive until your follow-up clinic appointment, when you can discuss this with Mr. Boyle.
- In general, you must be off of strong pain medication, not using a sling, and have recovered reasonable strength to drive. It may be 6-12 weeks before you are comfortable driving after shoulder surgery, depending on how much surgery was performed.

WHAT IS TO BE EXPECTED:

- After shoulder surgery, there is a variable amount of pain and swelling, often depending on how much surgery was performed. This usually decreases after several days. It is helpful to rest in your sling and apply ice regularly.

WHAT SHOULD BE REPORTED IMMEDIATELY?

- Signs and symptoms to report:
 - ***persistent fever**
 - ***sudden increase in pain or swelling**
 - ***wound redness, drainage, or increased skin temperature**
 - ***increasing numbness**
 - ***deep calf pain and/or swelling**
 - ***shortness of breath**

WHO TO CALL:

- If you have any problems please call Mr. Boyle's office at **(09) 281 6733**.
- For **urgent** problems after 5:00pm and on the weekend or on holidays, call Mr. Boyle directly or attend the Emergency Department of your local hospital.

