

Dr. Yildirim's Post-Operative Instructions – Shoulder Surgery

Dressing

You have a dressing on your shoulder. You may remove the dressing in 1 week. Keep the incision clean and dry with only soap and water. Then cover it with a dry non-adherent bandage. Do not use salves like Neosporin or Bacitracin for the wound. **Do Not** let the wound soak in a tub, pool, or dishwasher.

For the first week, you may shower with the waterproof dressing on. After the dressing is removed, you may allow the water to run over the incisions and pat the incision dry. Once it is dry, cover again with a dry non-adherent bandage.

Keep the sling on while up and about. You may come out of the sling when sitting/resting, being careful to not move your shoulder. Come out of the sling to move your elbow, wrist, and fingers without moving your shoulder. Open and close your hand 10/hour. Do not lift/push/pull > 2 lbs. with your operative extremity until follow up.

Ice

The use of ice on your shoulder after surgery will help with both pain control and swelling. Do not place ice directly on your skin and place for 20 minutes on and 20 minutes off. Icing as frequently as possible in the first two weeks will keep swelling to a minimum and prevent throbbing and pain.

Pain Medication

If you received a regional anesthetic block your arm and hand may be numb for several hours (6-24 hours). You will also be discharged with oral pain medications. Rest and elevation are still one of the most important factors for pain control.

Take your pain medication as directed even if the pain is minimal with the block; do not wait for the pain to become out of control. The most severe pain occurs right after the block wears off. If you are not having pain but feel the arm and hand "waking up", take your pain medication so that it will be working when needed.

Pain medication may cause some lethargy, nausea, or constipation. If these symptoms become significantly problematic, please contact our office and discontinue the medication. Avoid alcohol while taking pain medication.

Gradually resume your normal diet. The night of your surgery, begin with liquids and/or light foods. If you are feeling well enough in the morning progress to your normal eating patterns. Eating a well-balanced diet with plenty of fruits and vegetables and drinking plenty of fluids helps alleviate and constipation resulting from pain medication.



Smoking and smokeless tobacco

Tobacco and nicotine use is known to interfere with wound and fracture healing, increase your risk of infection, and increase your pain. Do not smoke postoperatively.

Driving

It is not advisable to drive a vehicle while you are on **narcotic pain** medication due to the possible side effects. However, once you are off pain medication and you feel that you are able to safely control the vehicle, you may drive.

Warning Signs

Observe your dressing and incision for increased redness, inflammation, drainage, foul odor, or increased pain unrelieved by rest or medication. A low-grade temperature (99-101) is common after surgery. If your temperature is consistently elevated over 101.5 degrees, please notify our office.

Appointments

Your follow-up appointment is scheduled on: _____

If you do not already have an appointment scheduled within two weeks of your surgery, please contact our office at 703-435-6604.

To reach Dr. Yildirim's team, call 703-239-7759 or email
YildirimMA@towncenterortho.com

Do not hesitate to call/email with any questions or concerns.