



**Office:** 314-991-2163

**POST –OPERATIVE INSTRUCTIONS - Shoulder**

Your Surgeon: Tyler R. Krummenacher, MD

Your Surgery: \_\_\_\_\_

Your follow-up appointment: \_\_\_\_\_

**Dressings:**

- Your shoulder will be bandaged following your surgery:
  - Please remove this dressing 5 days after surgery and replace with Band-Aids.  
You can begin showering at this point without the dressing.  
Please do not immerse your shoulder in water, such as in a bath.
  - Leave your dressing in place until your follow up visit.

**Diet:**

- You will be started on clear liquids following surgery. Once you tolerate clear liquids, your diet may be progressed to your normal diet as tolerated. Do not try to eat too much too soon. This may result in nausea due to the narcotic pain medication and anesthesia. If you fell nauseated, try clear liquids and crackers only.
- Cigarette smoking (even just one or two) can affect your healing and rate of complications. We therefore strongly recommend that you do not smoke for at least one month after your surgery.
- Do not drink any alcohol (beer, wine, or spirits) while taking narcotic pain medicines.

**Medications:**

- Pain medicine should be taken only “as needed” per your doctor’s instructions to help control your pain. Initially, you may take the pills on regular 4 to 6 hour intervals without missing any doses. However, your pain should diminish over the next few days, allowing you to decrease the medicine quantity and time in between doses until you stop.
- If a regional nerve block has been used for your anesthesia, it is common to experience numbness or tingling and complete paralysis in the arm for twelve hours or longer after surgery. In order to get “in-front of” the pain, take your narcotic pain medicine as soon as you start to feel the nerve block wear off.
- You need to be as comfortable as possible, but also understand that no amount of pain medication, ice, elevation, and rest will completely eliminate pain after surgery. Non-steroidal anti-inflammatory over the counter medicines (Motrin, Advil, Aleve, Naprosyn, etc.) may be used to supplement your prescription narcotic pain medication. Because the pain prescription you were given contains acetaminophen (Tylenol), you should not take Tylenol or any medication containing acetaminophen while you are taking the pain prescription.
- Occasionally pain medicines may cause nausea if taken on an empty stomach. Narcotic pain medicines can also cause drowsiness, lightheadedness, itching and constipation. Over the counter stool softeners and increased fluid intake can help relieve constipation.
- Unless otherwise specified, you can resume taking all of the medicines you were taking routinely prior to surgery.

## ACTIVITIES AND RESTRICTIONS:

### □ **SHOULDER ARTHROSCOPY**

- Sling: You may use the sling for comfort- but you may remove if you would like to.
  - ✓ Most people will use it in the house for at least the first day or two
- You'll be getting around your house well within a few days.
  - Resume simple activities (even stationary bike, exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely
  - This usually takes about 4-5 days, sometimes longer. Use your best judgment.
- Exercises: Begin exercises immediately:
  - ✓ Move your elbow/wrist and fingers around many times during the day
  - ✓ Lean over and gently swing your shoulder in a circle (called Pendulum exercises)
  - ✓ Physical therapy will give you more exercises when you see them in a week or two.

### □ **SHOULDER SLAP REPAIR**

- Sling: You **HAVE TO** wear the sling for 4 weeks (some large tears need 6 weeks).
  - If you are sitting down, you may remove the sling, but keep the arm at your side.
  - ✓ You are not to lift up your arm for 4 weeks.
    - Someone may gently lift the arm for you but not using your strength.
    - It is okay to gently flex and extend your elbow, with the arm at the side.
- You'll be getting around your house well within a few days with your sling on.
  - Resume simple activities (even stationary bike, exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medicines, and able to control a vehicle safely using only your other arm.
  - This usually takes about a week, sometimes longer. Use your best judgment.
- Exercises: Begin elbow/wrist/hand exercises immediately:
  - ✓ Gently move your elbow, wrist and fingers several times during the day (no weights).
  - Physical therapy will start shoulder exercises when you see them in 4-5 weeks.

### □ **SHOULDER ROTATOR CUFF REPAIR**

- Sling: You **HAVE TO** wear the sling for 4 weeks (some large tears need 6 weeks).
  - If you are sitting down, you may remove the sling, but keep the arm at your side.
  - ✓ You are not to lift up your arm for 4 weeks.
    - Someone may gently lift the arm for you but not using your strength.
    - It is okay to gently flex and extend your elbow, with the arm at the side.
- You'll be getting around your house well within a few days with your sling on.
  - Resume simple activities (even stationary bike, exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medicines, and able to control a vehicle safely using only your other arm.
  - This usually takes about a week, sometimes longer. Use your best judgment.
- Exercises: Begin elbow/wrist/hand exercises immediately:
  - ✓ Gently move your elbow, wrist and fingers several times during the day (no weights).
  - Physical therapy will start shoulder exercises when you see them in 4-6 weeks.

