



SAN DIEGO

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HANDSPECIALISTS

CARE OF THE HAND & UPPER EXTREMITY

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Post-Operative Instructions for Shoulder Surgery

1. If you have general anesthesia, do not drive a car, operate machinery or sign any legal documents for 24 hours following your surgery. In addition, have a responsible person available for you at home to give any assistance you may need.
2. Do not drive while taking narcotic medication or if you cannot safely drive with both hands.
3. After your procedure, you may eat and drink as usual. You may wish to begin with liquids and gradually advance to your normal diet.
4. Unless otherwise instructed, keep your dressing on until your first post-operative visit with your surgeon. You may carefully wash with a warm cloth up to and around the dressing area. Do not get the dressing wet.
5. If you had a *rotator cuff repair, labral or biceps repair, capsular stabilization*, you should have received information after surgery about moving your shoulder. If you did not, please call the office prior to removing the sling and moving your arm.

If you had a *subacromial decompression*, it is okay to remove sling and move shoulder.

6. You may use an ice pack on your shoulder over the outside of the dressing, up to 20 minutes at a time, to assist with post-operative discomfort.
7. Keep your scheduled appointment in the office (usually about 1 week following your operation). We will change your dressing on your first office visit.
8. Please take all prescriptions as directed and call your surgeon immediately if you have chills, fever, excessive bleeding or pain unrelieved by the medication you were given.

If you have any concerns, please call our office at 858-715-9200