

Dr. Paul Grutter, MD

Johns Hopkins Fellowship Trained
Shoulder Surgery-Sports Medicine-Joint Replacement

Shoulder Surgery Post-op Instructions

Icing: Cryotherapy (icing an injury) has been shown to decrease pain, improve sleep and decrease the need for pain medications. This is especially true following shoulder surgery. There are many different methods for icing. These can be as simple as putting a bag of ice on the injured area to as complex as using state of the art cold therapy compression devices. If you elected to get a cold therapy device, please refer to the device handout for instructions on proper usage. Ice the shoulder for 20-30 minutes each hour as needed. This is especially important for the first 48 hours after surgery. Be sure to protect your skin by placing a T-Shirt or cloth between your skin and the cooling unit or icepack.



Warning: any type of cryotherapy can be cold enough to seriously injure the skin. When using cold therapy, inspect the skin at least every 10 minutes. Stop using cold therapy if you experience any adverse reactions, such as: increased pain, burning, blisters, increased redness, discoloration, welts, or skin changes.

Dressing Care: You will leave the hospital with a dressing covering your shoulder. You may remove the dressing 72 hours after surgery. You may find some small pieces of tape over the incisions around your shoulder. These are “steri-strips” and must stay in place. Place regular Band-Aids over the incisions and keep them clean and dry.

Your arm has been placed in a brace or sling for comfort and protection. It is okay to take it off for short periods when you are home in a safe environment. Wear the sling or brace whenever you are out or around other people.



Bathing/ Showering: Keep these incisions dry for at least 5 days after surgery. If the incisions are dry, you may shower 5 days after your surgery. Avoid water directly hitting the shoulder. Do not soak in a tub, hot tub or swim.

Driving: It is illegal for you to drive if you have any disability of your arm or if you are taking narcotic pain medication.

Medications: Generally you will be prescribed a narcotic pain medication to help relieve discomfort following surgery. Narcotic pain medications are constipating, so it is important that you eat a high fiber diet and drink plenty of water while you are taking them. You can not drive or operate any kind of machinery while taking pain medications. Do not drink alcohol while taking pain medications. It is important to take these medications as directed and only take them as necessary for pain.

Activities: You may release your brace when sitting to write, type, or feed yourself. Do not lift anything heavier than a pencil or remote control for the first 6 weeks post-op or until instructed by Dr. Grutter. Do not run, bike, or do any other lower body workouts until approved by Dr. Grutter. Take all precautions possible to AVOID FALLING.



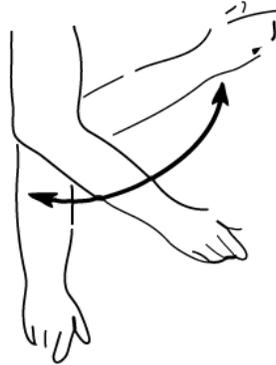
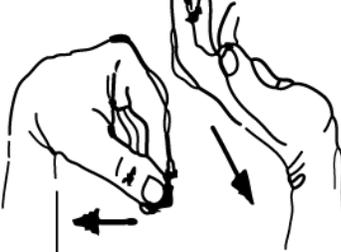
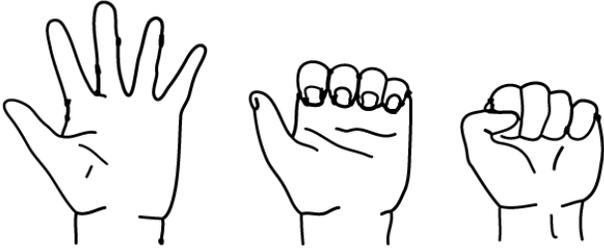
Warning Signs: Call your orthopaedic surgeon immediately if you experience any of the following:

- Fever of 101.5° F or higher.
- Chills.
- Persistent warmth or redness around the shoulder.
- Persistent or increased pain.
- Significant swelling in your shoulder. Shortness of breath or chest pain
- Unusual bleeding (some surgical wound drainage is normal)
- Numbness or tingling of the arm or hand

Go to the Emergency Room immediately if you experience any CHEST PAIN or SHORTNESS OF BREATH, as these symptoms can be a sign of a life threatening condition.

Follow-up Appointment: You should have a follow-up appointment to see your surgeon 10-14 days following surgery. Physical therapy generally begins four (4) to ten (10) days after your surgery. If your therapy and follow-up appointments were not previously scheduled please call the office when you get home to make them.

Home Exercises: It is important to work on your finger/wrist/elbow range of motion. Do each of the following range of motion exercises 3-4 times a day. These exercises are to be done slowly and with no weight. You are simply working on gentle range of motion.

<p>1-Elbow ROM: Begin with arm at side. Gently bend and straighten your elbow as far as possible. Repeat slowly 10 times 3-4 times at day. Do not use any weight and go slowly.</p>	 A line drawing of a right arm at the side. A curved arrow indicates the arm bending at the elbow towards the shoulder. A second curved arrow indicates the arm straightening back to the side.
<p>2-Wrist Rotation: Start with palm facing up and gently rotate palm down. Repeat slowly 10 times 3-4 times at day. Do not use any weight and go slowly.</p>	 A line drawing of a hand with the palm facing up. A curved arrow indicates the hand rotating so the palm faces down.
<p>3-Wrist Flexion: Bend wrist from side to side and up and down. Repeat slowly 10 times 3-4 times at day. Do not use any weight and go slowly.</p>	 A line drawing showing two views of a hand. The left view shows the hand bent at the wrist towards the thumb side, with an arrow pointing left. The right view shows the hand bent at the wrist towards the pinky side, with an arrow pointing right.
<p>4-Finger ROM: Bend fingers to make a fist and then straighten fingers. Repeat slowly 10 times 3-4 times at day. Do not use any weight and go slowly.</p>	 A line drawing showing three stages of a hand: first, the hand is open with fingers straight; second, the fingers are partially bent; third, the hand is fully clenched into a fist.