



# ***SHOULDER SURGERY***

## ***Post operative Instructions***

### **Pain Control**

You have two Medications for pain:

1. Percocet which is a short acting pain medication and taken one or two pills every 3 to 4 hours as needed
2. OxyContin which is a long acting pain medication and taken every 12 hours as needed.

Unfortunately both medications share the same generic name “Oxycodone”. The way to differentiate between the two medications is by the labeled instructions on the bottle. The bottle containing the OxyContin, advises the medication may be taken every 12 hours as needed whereas the Percocet label notes the medication may be taken every three to four hours as needed.

As a General Rule start the OxyContin the evening of your surgery and continue taking one pill every 12 hours for the next 24 to 48 hours. If the OxyContin is not sufficient you may supplement it with one or two Percocets every three to four hours as needed. Within 48 hours OxyContin is generally no longer required. At that point continue the Percocet as needed.

Alternatively, if there is mild or moderate discomfort, Percocet alone may frequently be sufficient for pain relief, Oxycontin can always be added if needed.

Remember, all pain medications are extremely constipating. Take the prescribed Senacot at least for the first four days, and stop pain medication as soon as reasonable.

We will call you at home the day after your surgery to see how you are doing and to answer any questions you might have. At that time we will as to set up your follow-up visit if not previously scheduled.

### **Office Visit**

The first post operative visit will take place the week following surgery. At that time, sutures are removed, exercises reviewed, and physical therapy, if appropriate,

scheduled. Exercises as well as more detailed instructions regarding sling removal, dressing and return to school or work will be reviewed at that time.

### **Showering**

Forty-eight hours following surgery, you may remove the dressings and apply waterproof Band-Aids, [available in most pharmacies] over the incisions and then shower. Until then you can sponge bath or carefully take a shallow bath as long as you keep the dressings dry

### **Sling**

Adjust your sling to comfort to best support your shoulder. Neck, wrist and arm straps should not be too tight. Right away (even in the hospital) it is permissible to loosen your sling and bend and straighten your elbow, wrist and fingers. After a day or two you may remove your sling completely or for long periods of time.

1. Release wrist strap and exercise fingers wrist and elbow.
2. When laying down place a pillow behind your elbow for comfort.
4. Many patients are more comfortable sleeping in a lounge chair or recliner for the first few days following surgery
5. Begin moving your shoulder as soon as possible.

Please call the office if you have temperature greater than 101, degrees difficulty voiding or shortness of breath. Staining of the dressing is expected.