Jourdan M. Cancienne, M.D.

Sports Medicine Shoulder, Hip, Knee Arthroscopy Shoulder Replacement Surgery



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GENERAL DISCHARGE INSTRUCTIONS

- ❖ Initial recovery after surgery entails healing and controlling swelling and discomfort. The following instructions are intended as a guide to help you achieve these goals until your 1st postoperative visit.
- COMFORT

Cold Therapy

- If you elected to receive the **circulating cooling device**, this can be used continuously for the first 3 days, (while the initial post-op dressing is on). After 3 days, the cooling device should be applied 3 times a day for 20-30 minute intervals.
- If you elected to receive the **gel wrap**, this may be applied for 20 minutes on, 20 minutes off as needed. You may apply this over the post-op dressing. Once the dressing is removed, be sure to place a barrier (shirt, towel, cloth, etc.) between your skin and the gel wrap.
- If you elected to use **regular ice**, this may be applied for 20 minutes on, 20 minutes off as needed. You may apply this over the post-op dressing. Once the dressing is removed, be sure to place a barrier (shirt, towel, cloth, etc.) between your skin and the gel wrap.

Medication

- Pain Medication- Take medications as prescribed, but only as often as necessary. Avoid alcohol and driving if you are taking pain medication.
 - You have been provided a narcotic prescription postoperatively. Use this medication sparingly for moderate to severe pain.
 - You are allowed two (2) refills of your narcotic prescription if necessary.
 - When refilling pain medication, weaning down to a lower potency or nonnarcotic prescription is recommended as soon as possible.
 - Extra strength Tylenol may be used for mild pain.
 - Over the counter anti-inflammatories (Ibuprofen, Aleve, Motrin, etc.) can be added for breakthrough pain, follow instructions on the bottle.

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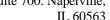


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- Anti-coagulation medication: A medication to prevent post-operative blood clots has been prescribed (Aspirin, Lovenox, etc.) This is the only medication that <u>MUST</u> be taken as prescribed until directed to stop by Dr. Cancienne.
- Nausea Medication Zofran (Odansetron) has been prescribed for nausea. You may take this as needed per the prescription instructions.
- Constipation Medication Colace has been prescribed for constipation. Both your pain medication and the anesthesia can cause constipation. Take this as needed.
- o **Driving** Driving is NOT permitted while on narcotics or in a brace or sling.

***** ACTIVITIES

- o Physical therapy will begin when instructed by Dr. Cancienne.
- o Athletic activities such as throwing, lifting, swimming, bicycling, jogging, running, and stop-and-go sports should be avoided until cleared by Dr. Cancienne.

❖ WOUND CARE

- O Bathing Tub bathing, swimming, and soaking of the operative extremity should be avoided until allowed by your doctor. Keep the dressing on, clean and dry for the first 3 days after surgery.
 - You may shower 3 days after surgery with a <u>WATERPROOF</u> bandage on. Apply a new dry dressing after showering.
- o **Dressings** Remove the dressing 3 days after surgery. You may apply band-aids or dry sterile gauze to your incision.

EATING

 Your first few meals, after surgery, should include light, easily digestible foods and plenty of liquids, since some people experience slight nausea as a temporary reaction to anesthesia.

❖ CALL YOUR PHYSICIAN IF:

- Excessive redness or drainage of cloudy or bloody material from the wounds (Clear red tinted fluid and some mild drainage should be expected). Drainage of any kind 5 days after surgery should be reported to the doctor.
- o You have a temperature elevation greater than 101°F
- o You have pain, swelling or redness in your operative extremity.
- You have numbness or weakness in your operative extremity.

❖ RETURN TO THE OFFICE

- O Your first return to our office should be within the first 2 weeks after your surgery. If this appointment has not been already made, please call Liesl to schedule.
- o For additional and more information please refer to your surgery binder.