

Jourdan M. Cancienne, M.D.
Sports Medicine
Shoulder, Hip, Knee Arthroscopy
Shoulder Replacement Surgery



**MIDWEST
ORTHOPAEDICS
AT RUSH**

Midwest Orthopaedics at Rush
Joliet Office
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Liesl Giermann, Secretary
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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**
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- **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 non-narcotic 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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- **Anti-coagulation medication:** A medication to prevent post-operative blood clots has been prescribed (Aspirin, Lovenox, etc.) This is the only medication that **MUST** 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.
 - **Driving** – Driving is NOT permitted while on narcotics or in a brace or sling.
- ❖ **ACTIVITIES**
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- Physical therapy will begin when instructed by Dr. Cancienne.
 - 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**
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- **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 **WATERPROOF** bandage on. Apply a new dry dressing after showering.
 - **Dressings** - Remove the dressing 3 days after surgery. You may apply band-aids or dry sterile gauze to your incision.
- ❖ **EATING**
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- 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:**
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- 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.
 - You have a temperature elevation greater than 101°F
 - You have pain, swelling or redness in your operative extremity.
 - You have numbness or weakness in your operative extremity.
- ❖ **RETURN TO THE OFFICE**
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- 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.
 - For additional and more information please refer to your surgery binder.