

**Yazdan Raji, MD & Mark R. Hutchinson, MD****UI Health | UIC Sports Medicine**

**During Business Hours:** Call **312-996-1300** for any questions or concerns.

**After Hours:** Call **312-996-7000** for urgent questions after 6 PM. Ask for the orthopaedic resident on call.

**Shoulder and Elbow Surgery Patient Discharge Education****Diet:**

- Begin with clear liquids and light foods (Jello, soup, etc.).
- Progress to your normal diet if you are not nauseated.

**Post-Surgery Care:**

- **Sling Usage:** Your sling should be worn at all times (except for hygiene and exercises). Unless instructed otherwise, you may remove the sling 3-4 times daily for 5-10 minutes to allow elbow motion. You can use your hand and wrist freely unless told otherwise.
- When sleeping or resting after shoulder surgery, inclined positions like reclining chair and a pillow under the forearm for support may provide better comfort
- Do not engage in activity that will increase pain and swelling such as lifting or repetitive motion above the shoulder, for the first 2 weeks after surgery.
- No driving until discussion at your first post-operative appointment.
- May return to sedentary work or school once you have discontinued narcotic pain medication.

**Rehabilitation Protocol:**

- On the day of surgery, you will receive a detailed rehabilitation plan for you and your physical therapist to follow after surgery. Please refer to the rehabilitation sheet for range of motion and weight-bearing restriction. Please take this sheet to your first therapy appointment.
- Formal physical therapy will begin about 1 – 2 weeks after surgery, depending the procedure.

**Wound Care:**

- It is normal for the shoulder to have swelling and small drainage following surgery. If there is small drainage soaking on the bandage, do not become alarmed. Reinforce with additional dry gauze.
- For shoulder and elbow arthroscopy, keep your wounds dry and the bandages in place for the first 72 hours after surgery.
- For shoulder replacement, keep your wounds dry and the bandages in place for the first 7 days after surgery.
- After that time, you may remove the dressing, but you will notice special band-aids on the incision (Steri-strips) – please leave these special band-aids in place.
- After the dressing has been removed, you may shower but **DO NOT SOAK THE INCISIONS UNDER WATER. NO IMMERSION OF LEG/THIGHT INTO A BATH, POOL, etc.**
- Dry gauze may be placed back over the incisions.
- If you had an elbow procedure, continue using a compression wrap as directed by your physician or therapist. If the wrap feels too tight, please loosen it.

### Managing Swelling:

- **Swelling Control:** If significant swelling occurs, contact your physician. Treatment options for swelling include oral anti-inflammatory medications to relieve pain so therapy can be continued.
- **Elevation:** For elbow procedures, keep your elbow elevated above heart level to reduce swelling.
- **Icing:** Ice can also help reduce discomfort especially over the first 24 hours. If provided, use the ice machine as instructed. If not, place an ice bag over the joint for 20 minutes, ensuring it does not touch the skin directly. This can be done 4-5 times daily. Stop immediately if you experience numbness or tingling.

### Pain Management:

- Pain medication is injection is injected in the wound and hip during surgery. This will wear off within 8-12 hours.
- You may have received a nerve block prior to surgery. If so, this will wear off within 24-36 hours.
- **Medication:**
  - If you are having pain, please take your pain medication as prescribed.
  - Most patients require narcotic pain medication for a short period of time after surgery.
  - Common side effects include nausea, drowsiness and constipation. To decrease side effects, take these medications with food. If constipation occurs, you can utilize over the counter Colace or Miralax.
  - If you develop nausea/vomiting or rash while using the medications, please call the office so your medication can be changed.
  - Do not drive a car or operate machinery while taking narcotic pain medication.
  - The following medications are prescribed after surgery:
    - Acetaminophen every 6 hours for pain control
    - Oxycodone every 6 hours as needed for pain control
    - Baby Aspirin twice a to help reduce the risk of blood clots
    - Zofran (Ondansetron) every 8 hours as needed for nausea
    - Colace (Docusate) twice daily for constipation prevention

### Follow-up:

- **Appointment:** You will typically have a follow-up appointment 1-2 weeks after surgery. This appointment should be made before surgery. If not, please make an appointment with your doctor or their nurse practitioner/physician assistant. If you have any other questions, please contact your doctor at **312-996-1300**.
- **Contact the office at 312-996-1300 with any of the following:**
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever over 101°F or chills
  - Redness around incision
  - Continuous drainage or bleeding from the incision (a small amount is to be expected)
  - Color change in the leg
  - Trouble breathing
  - Excessive nausea or vomiting
- **If you have an emergency that requires immediate attention, proceed to the nearest emergency room or call 911.**

## SHOULDER POST OPERATIVE EXERCISES

### HAND - 17 Active Range of Motion Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### HAND - 39 Elbow Flexion and Extension: Active Range of Motion



With palm either UP DOWN THUMBSIDE UP gently bend elbow as far as possible. Hold \_\_\_\_\_ seconds. Straighten arm back out as far as possible.

Repeat \_\_\_\_\_ Repetitions/set. Do \_\_\_\_\_ Sets/session.

Do \_\_\_\_\_ Sessions/day.

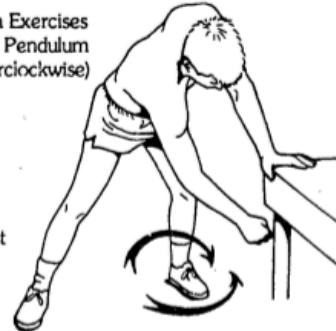
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### SHOULDER - 26 Range of Motion Exercises (Codman's Exercises): Pendulum (Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

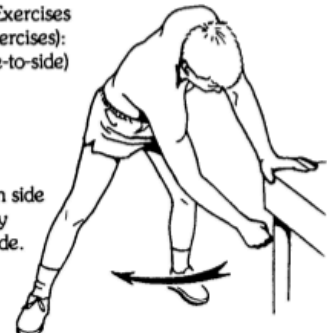


### SHOULDER - 25 Range of Motion Exercises (Codman's Exercises): Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



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