

# *Bone and Joint Specialists*

Richard S. Bartholomew, D.O.  
4800 Highland Rd  
Waterford, MI 48328  
248-673-0500  
www.Bone-Joint.net

## **Post-Operative Discharge Instructions** for Shoulder Surgery:

1. The anesthesiologist usually will have given you a nerve block (injection in your neck), to numb your shoulder and arm. This may keep your shoulder &/or arm numb tonight. A block may last for ½ to 2 days. The medicine will then wear off and you may feel some pain, and/or numbness and tingling. When you start to feel pain start the oral pain medicine. It's better to not wait, and try to 'catch up' on the pain medicine. If you still have pain, you may take 1-2 tablets every 4 hours. You may also add ibuprofen, or another anti-inflammatory
2. You can gently use your arm, but avoid doing too much for the first few days. Exercise only as instructed(see page 2).
3. Wear your sling as instructed on page 2.
4. The bandages may be removed in 48 hours. You may then shower. Do not soak. If your incision(s) look dry, you may leave open. If not, then apply gauze or a band-aid.
5. It is normal to have swelling and/or bruising in the shoulder and/or arm.
6. Ice packs around the shoulder for the first 2-3 days may help minimize swelling, discomfort (20 minutes at a time).
7. You may have steristrips (small pieces of tape) over the small incisions, or stitches. The steristrips do not need to be removed, and will fall off on their own. The stitches will usually be removed 7-12 days after the surgery.
8. Sometimes your shoulder will remain painful and swollen for several weeks (depending on the amount and type of surgery done). This is usually nothing to worry about, but call if you have excessive symptoms, especially fever (after the first 2 days), or redness/pus drainage from the shoulder.
9. If you have had a manipulation, therapy will usually start within a day or two. This will also be checked on page 2.
10. If you have any problems please call:  
Dr. Bartholomew- **248-570-3134**.
11. Call for a follow up appointment on \_\_\_\_\_(248)673-0500

## General Post-Operative Exercises

Bend 90° at the waist

Do these 3-4 times per day 60 seconds each

Wall Climbing



Pendulum



## Special Instructions

- Following subacromial decompression (bone removal, soft tissue debridement and/or rotator cuff debridement), start wall climbing and pendulum exercises the next day. Physical therapy will usually start within 1-2 weeks. Wear sling for comfort only.
- Following stabilization (repair of joint capsule, labrum,) keep the sling on. The sling should only be removed for pendulum exercises 3 times a day, and for showering. Otherwise, it remains on for 4-6 weeks, even for sleeping.
- Following a **Rotator Cuff** repair, or a superior labral repair (**SLAP** lesion repair), wear your sling. Do pendulum exercises only. You may come out of your sling several times per day and use your arm gently, no overhead use and reaching until therapy starts. Use sling for 3 weeks. Therapy usually starts in 1-2 weeks.
- Following manipulation or arthroplasty, start physical therapy as soon as possible.

Marie will call you to set up physical therapy if it has not already been scheduled.