



Dr. Daniel Myer's Post-operative
Instructions for Shoulder Surgery

Please call our office with questions:
North Coast / St. Thomas Hospital (330) 535-3396

Post-operative follow-up:
Office: _____
Date / Time: _____

Medications / Diet

1. Eat only light, non-greasy foods today.
2. Take pain medications with food.
3. While taking pain medications, you may not operate a vehicle, heavy machinery or appliances.
4. While taking pain medications, you may not drink alcoholic beverages.
5. While taking pain medications, you may not make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. Please keep in mind that itching is a very common side effect of narcotic pain medicines, and if not allergic, over the counter Benadryl (diphenhydramine) may be used as directed.
8. Please keep in mind that constipation is a very common side effect of narcotic pain medicines.

We recommend that patients take precautions to prevent constipation:

- a. Drink plenty of water (6-8 glasses of 8 oz. a day).
- b. Avoid alcohol and excessive caffeine.
- c. Eat plenty of fiber (fruits, vegetables and whole grains).
- d. Take an over the counter stool softener: Colace (docusate) or Dulcolax (bisacodyl).

The following medicines: _____

Were sent electronically to _____

The following medicines were printed: _____

Yes / No Please take a daily 325mg Aspirin - to help prevent blood clots

Activity / Exercise

1. Range of Motion: ALL PATIENTS – please bend your elbow/wrist/fingers while awake to encourage range of motion. Do this multiple times throughout the day to prevent elbow & hand stiffness.

- _____ You may move the shoulder as much as possible. Your sling is only needed during the first 24 hours while the nerve block is working. *Please remove sling and start shoulder motion ASAP.*
- _____ You are in a shoulder sling for comfort. Ok to remove sling and gently move arm (shoulder, elbow, hand) as your pain allows. Sleeping with sling and wearing sling intermittently throughout the day may be beneficial. Physical Therapy will help guide progression.
- _____ You are in a shoulder sling – range of motion is limited. Please keep sling on during the day and night. *Only come out of the sling for showers and with Physical Therapy.*

2. In effort to reduce swelling and prevent blood clots, please continue to move your elbow/wrist/fingers and tighten/relax your calf muscles several times every hour.
3. It is important to keep ice applied as long as pain or swelling persists. Do not apply ice directly to skin or allow water to leak on your dressing.

Dressing / Wound Care

1. Please keep dressing dry.
2. It is normal to expect some bloody drainage through your post-op dressing, just reinforce with a dry dressing.
3. Within 48 hours after surgery, please do not completely remove the sterile dressing.
4. You can remove your dressing 48 hours after surgery. At that time, you can begin showering and get your incision/s wet. Simply dry the incision after a shower and cover with a dry dressing or Band-Aid.
5. Even after changing the dressing, it is normal to have some clear or bloody drainage from your incision/s.
6. Please - absolutely NO BATHS, HOT TUBS or POOLS.
7. If you are in a shoulder sling, it is ok to remove the sling in order to shower. Please let arm hand down at your side, lean to the affected side to allow full exposure to wash your underarm.

Emergency / Follow-up

1. Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling, or severe increased pain in your shoulder.
2. Please call if your fingers become suddenly cold, purple, prolonged numbness or there is excessive bleeding.
3. If you had a “nerve block”, numbness & tingling in any part of your arm may persist for up to a day or so after surgery. This is normal. Continue to ice and work on elbow/wrist/hand range of motion.
4. Please call the Emergency Squad / 911 if you have sudden chest pain or severe shortness of breath.
5. Your post-operative office follow-up has been scheduled for you. Please call if you have any questions.
6. Regarding pain medicine, please call the office before 1 pm on Friday if you do not have enough pain medicines for the weekend. Most narcotic pain medicines cannot be called into your pharmacy, and the prescription must be picked up at our office.
7. As a group rule, we do NOT call in narcotic medicines over the weekend.

Provider Signature: _____

Date: _____