



Post-Operative Shoulder Guidelines

You should have a follow-up appointment no more than 10 days following your surgery. If you have questions or concerns prior to your appointment, please call 503-540-6300 (24 hours).

Sling Use: Wearing your sling is important to protect your surgical site. You must use the sling **even when sleeping** until instructed otherwise. Avoid lifting your arm until otherwise instructed by your provider. Approximate time you'll need to wear your sling is listed below for your procedure. (Your procedure is checked.)

Procedure:

- Subacromial decompression, distal clavicle excision, or shoulder debridement
- Labral repair, SLAP repair, Bankart repair, or capsular shift
- Rotator cuff repair
- Total shoulder replacement
- Biceps tendon repair

Time in sling:

- Wear for comfort, and discontinue as you tolerate
- 3 weeks
- 4 weeks
- 6 weeks

Sleep/Elevation: It is helpful to sleep in a recliner or reclined position with your head propped up on pillows for about 48 hours or until you are comfortable lying flat. You may want to sleep like this for several weeks.

Pain Control: Pain can be controlled using medication, ice, and rest. Take your pain medication as prescribed. Other medications may also be prescribed for side effects such as nausea, vomiting, itching, or to "enhance" the pain medication. Alert your physician to any allergies or intolerances. Uncontrolled pain delays the progress of your rehab goals.

Icing: Use ice or a cooling unit consistently in the first 48 hours- 40 minutes on, 20 minutes off. Continue to use ice 4 times per day over the following week. Resting or remaining in a safe and protected environment can prevent trauma to the surgical site.

Wound Care: If you had arthroscopic surgery you can remove the dressings and shower after 48 hours. You can cover the wounds with Band Aids until you are seen in the office. Avoid soaking in a bathtub, hot tub, or pool until your surgeon says you may do so. Avoiding infection is very important.

Preventing Blood Clots: Decreased physical activity after surgery increases your risk of developing a blood clot in your legs. Perform ankle pumps while at rest and try to walk hourly during the day for the first 2-3 weeks following surgery.

