

## DAY OF SURGERY (cont.)

A bath or shower must be taken the morning of your surgery, before you arrive at the hospital. This aids in preventing infections. Follow any special instructions given by your doctor. Do not apply makeup. Do not wear contact lenses before or during surgery. Remove all jewelry, including rings on the side of your surgery and leave them at home. Most patients are discharged home soon after surgery; however some patients may stay a night in the hospital. Your doctor will discuss this further, if it is a possibility.

When you arrive you will have a brief wait before meeting a registered nurse. He or she will take your vitals, such as your temperature, pulse, and blood pressure.

Your surgeon will estimate how long your surgery will take. Family members and friends should not be alarmed if your surgery takes longer. Surgery times are sometimes delayed or changed due to other patient's emergencies or cancellations. Every attempt will be made to notify your family if your surgery is delayed.

While you are in surgery, your family should wait in the waiting area. Your surgeon will usually update you after the procedure is completed. If you need additional information, please inquire at the registration desk.

**Please ask your surgeon or anesthesiologist if you have any further questions.**

## RECOVERY

Most surgeries take approximately one to two hours. After which, you will spend about one hour in the recovery room. Your surgeon will usually meet with your family in the waiting area after your surgery.

After surgery, some pain is to be expected as you recover. The amount and intensity of the pain experienced differs from one person to another. No two people are exactly alike.

While some degree of pain is unavoidable, our goal is to make your stay with us and your recovery period at home as comfortable as possible.

You will be asked how your pain is affecting you. This will help us know how your activities, medication, and other comfort measures are helping.

# ACTIVITY FOLLOWING SURGERY

## **Wearing a Brace**

Your doctor may prescribe a shoulder brace: an immobilizer or sling. If ordered, your care team is available to review with you how to correctly wear the brace. Your discharge instructions will have additional detail related to your specific surgery and brace instructions.

## **Walking**

You will be out of bed and walking with assistance soon after the surgery.

- » If a brace is ordered, you will need to wear it while resting and during activity, unless otherwise directed by your surgeon.
- » If you normally use a walker when walking, you may have to temporarily switch to a cane.
- » We recommend that you walk with assistance several times a day.

## **Sleeping**

It may be beneficial to sleep in a semi-reclined position or in a recliner because this allows your shoulder to remain in an optimal healing position. This may also decrease the likelihood of rolling onto your surgical arm or unintentionally pushing with your surgical arm. Depending upon your surgery, your surgeon may prescribe sleeping in a shoulder brace.

## **Getting Out of Bed**

After surgery, we recommend you bend both knees and use your legs to push and roll in one motion toward your unoperated shoulder. While lowering your legs out of bed, raise up by pushing with your unoperated arm. Reverse this process when getting out of bed.

## **Sitting in a Chair**

Stable chairs with armrests are recommended.

- » Feel for the chair with the back of your legs and reach back with your unoperated arm for the armrest to help guide you into the chair.
- » Slowly lower yourself with your legs performing most or all of the work.

## Getting Up From a Chair

- » Scoot to the edge using your hips and legs.
- » Place feet firmly on the floor.
- » Lean forward at your hips.
- » Push up with your legs to stand, using your unoperated arm on the armrest to help balance and guide you.

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## SURGERY PRECAUTIONS | AVOID THESE MOVEMENTS

Specific precautions and their duration depend upon your surgery. Your surgeon will prescribe these, if any, after surgery. Your care team will educate you on which motions you will need to avoid to keep your shoulder surgery safe. In general, you should prepare to temporarily be one-handed, using only your unoperated arm and to be restricted from placing any weight through your surgical shoulder and arm.

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## Driving

You should not drive while you are prescribed to wear a brace. Typically, this can be 4-8 weeks, depending on your surgery. Your doctor will clear you to return to driving when your shoulder is allowed out of the shoulder brace, you are no longer taking narcotic medication, and when you have gained adequate strength in your shoulder.

