

TAKING CARE OF YOURSELF AT HOME...

BARRIERS IN YOUR HOME

Think about possible barriers in your home and share this information with your therapist:

- > Number of stairs
- > Bedrooms on the second floor
- > Bathroom sizes, set ups, and locations

To help in planning for your discharge, inform your care team who is going to be with you when you go home and for how long each day.



EQUIPMENT AT HOME

Equipment recommended by your healthcare providers, such as a reacher or a sock aide is not typically covered by insurance, but can be acquired at several locations in the community. Your occupational therapist can help you regarding community resources.

INCISION CARE

Keep dressing clean and dry and change as instructed. Monitor incision for warmth, redness or increased drainage. Do not apply lotions, creams, oils or powders near incision.

PAIN MANAGEMENT

Pain experienced following shoulder surgery is different for everyone but can be significant for the first few weeks. Assess and address your pain frequently, modify your activities, and increase your focus on proper body positioning to help decrease pain intensity and frequency. Follow instructions on your pain medication label as prescribed by your surgeon.

Your pain medication may cause side effects such as nausea, drowsiness, confusion, and constipation. Ask your nurse any questions you may have about side effects. It is most helpful to take pain medication before pain becomes severe. If you wait too long to take pain medication, it becomes harder to get relief.

Other pain relief measures such as ice, changing your position or getting up and moving work well. Taking your mind off the pain by listening to music, watching TV, reading, or visiting with family and friends is very helpful in controlling both pain and anxiety.

As you heal, your need for pain medicine should decrease. Talk with your care team and surgeon if you have any questions or concerns about your pain management at any time during your recovery.

If you were taking such medicines as Motrin, Naprosyn, ibuprofen, or Celebrex before your surgery, check with your surgeon before taking these again at home.



TAKING OTHER MEDICATIONS

Most of your home medications for high blood pressure, heart problems, or other medical problems will be continued during your surgical stay. Check with your surgeon if you have any questions about your medications.

ACTIVITIES OF DAILY LIVING WITH A SHOULDER BRACE

TAKING OFF THE BRACE: Use your unoperated arm to help lift your surgical arm in the brace up to a table or other waist high surface. Make sure your surgical arm is supported and cradled before removing your arm out of the brace.

PUTTING ON YOUR BRACE: Position your brace on a table or other waist high surface. Use your unoperated arm to support your surgical arm into the sling portion of the brace. Make sure each strap and buckle is secured before moving away from table.

FIT: Place your elbow fully in the corner of the sling. Your thumb should line up with the middle of your chest, your hand near your belly button. The curved pillow portion of the sling is to be placed between your arm and your torso, not underneath. Straps around the waist and over the shoulder should be snug and not cause excessive stress on your neck. The exercise ball is meant to be a reminder to use the muscles of your hand and wrist. Visit our instructional video online to view a demonstration on brace fit.

TotalJointandSpineCare.com/ShoulderVideo