

**UNIVERSITY
ORTHOPAEDICS**

RICHARD M. SELDES, M.D.
KNEE, HIP & SHOULDER SPECIALIST
95 UNIVERSITY PLACE / 8TH FLOOR/ NEW YORK, NY 10003
TEL: 212 604 1367 FAX: 212 604 1379

POST-OPERATIVE INSTRUCTIONS

SHOULDER SURGERY

❖ **PLEASE READ THE INSTRUCTIONS CAREFULLY**

- ❖ After the surgery you will be given your prescriptions for pain and inflammation, please take them with food. **The pain medication is a controlled substance and Dr. Seldes will only allow one refill.**
- ❖ It is important to remember that you have just had surgery and will need a minimum of 48-72 hour's to recover. It takes this amount of time for the swelling to peak, **SWELLING AND SORENESS IS NORMAL.**
- ❖ **To decrease the swelling**
 1. Take the prescribed anti-inflammatory in the morning with your breakfast
 2. Keep your shoulder elevated by placing your arm upright on your chest (like you are pledging allegiance to the flag) and flex your fingers periodically
 3. Apply an ice pack and keep the shoulder cool as much as possible for the first 48 hours, after the dressings are removed you may cool the shoulder for 20 minutes 2-3 times a day
- ❖ Keep the dressing clean & dry. You may remove the dressing 72 hours (3 days) after the surgery and take a shower. Apply Band-Aids over the incision site, which should be changed every day until your post-op visit and continue to keep your arm in the sling or immobilizer.
- ❖ It is normal to see drainage on your dressing; this is caused by the irrigation of the fluids during your operation. However if there is excessive bleeding (bright red) apply some pressure elevate the shoulder and call the office.
- ❖ You will be given a prescription for Physical Therapy at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.