



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088
413-586-8200

Postoperative Instructions Open Shoulder Surgery

1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take the medication as directed. Narcotic medications tend to slow the bowels. Colace® is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help to prevent blood clots in the leg. Take one regular aspirin (325 mg) every morning for 2 weeks after surgery, if you are not allergic or prohibited by your regular doctor. You should wear the anti-embolic stocking for 2 days after surgery.

2. Wound care

- Apply ice to your shoulder. This will help alleviate the pain and swelling.
- Start “pendulum” exercises the day after surgery unless otherwise instructed.
- Wear your sling at all times unless instructed otherwise.
- You may remove your dressings and shower 48 hours after surgery, and replace with a water-proof dressing. Replace a dry/sterile dressing on the wound daily.
- Do not submerge (bath tub, pool, hot tub, etc.) your surgical wounds until after the stitches have been removed.
- Your stitches will be removed when you come in for your follow up appointment in 10-14 days.

3. Follow-up appointment

Please call the office shortly after surgery to confirm your follow up appointment for about 10-14 days after surgery. At this appointment, we will:

- review the surgery and discuss rehabilitation and activity restrictions.
- discuss your therapeutic goals and course.

4. Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.