

Clinical Protocol

Patient Discharge Advice Sheet

Shoulder Surgery

Surgery may become necessary during the course of treatment of several conditions of the shoulder e.g. sports injuries, tear of tendons, impingement of the tendons against bony spurs, deposition of calcium within the joint surfaces in severe arthritis.

The type of surgery on the shoulder depends on the underlying disease or injury. Surgery can be arthroscopic i.e. keyhole or open surgery. After surgery on the shoulder, you may be able to go home on the same day. A few procedures may require a short stay in hospital.

After surgery, your shoulder will heal faster if you follow the following recommendations:

- Use cold packs over the wound area during the first 48 hours. Make sure the dressing does not get wet.
- Keep the dressing dry and clean until the wound has healed and the stitches are removed, usually at two weeks.
- Follow your surgeon or therapist's advice regarding movement of the shoulder.
- During the post-operative recovery period, use your shoulder daily even if it hurts a little. A still, inactive shoulder takes longer to heal.
- Don't push, pull or lift anything heavy while the shoulder heals. Also avoid long periods of overhead activities.
- Call the Hospital or your doctor if you experience increasing pain, redness, swelling or if you run a fever