

Dr Peter D'Alessandro
MBBS Hons. (UWA) FRACS FAOrthA



Shoulder & Knee Reconstruction
Hip Arthroscopy, Surgery for Athletes

SJOG Hospital Murdoch
Wexford Medical Centre
Suite 41 Level 2
3 Barry Marshall Parade
Murdoch WA 6150

Bethesda Hospital
25 Queenslea Drive
Claremont WA 6010

SHOULDER SURGERY

Discharge / Post-Operative Appointment / Surgical Outcomes

Discharge is normally the morning after surgery, however it is possible to leave the evening of your operation if you feel comfortable. Your post op appointment is 2 weeks after surgery. If you do not have an appointment please contact the office on 9230 6333. If you are enrolled in the Surgical Outcomes System please complete the online questionnaires that will have been emailed to you.

Pain Relief / Medications

You have been prescribed a range of pain-killers by your Anaesthetist. In general, you should take paracetamol regularly (3-4 times per day), followed by anti-inflammatories if prescribed. Use strong painkillers such as Tramadol or Oxycodone for top-up pain relief as required. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

Swelling / Icing

Some swelling of the shoulder is normal. However the sooner your swelling settles the better. Please ice your shoulder as many times per day as you can tolerate, ideally using your *BODYICE kit*. You should continue icing for as long as your shoulder remains swollen, which can be up to several weeks.

Concerns

If you are worried about your shoulder or if there is new redness or fever; please contact us immediately or attend your local doctor or emergency department.

Bandage / Dressings / Sutures

Leave the waterproof sticky dressings in place. You may shower but still cover your dressings and keep them as dry as possible. If they get saturated or fall off, dry and clean your wound with antiseptic and replace with a similar dressing. You have 'dissolvable' sutures that do not require removal.

Sling

Your sling should stay on when moving around and sleeping. You can remove your sling when sitting if you can rest your arm somewhere comfortable. Ensure you straighten out your elbow several times per day. You should stay in your sling until directed to discard it.

Rehabilitation / Physiotherapy

Please see the 'rehabilitation' section of my website www.drpeterdalessandro.com.au for exercises you should perform several times per day, immediately after discharge. You should see your physiotherapist as soon as possible after your surgery to start your guided program. Your aim is to keep your shoulder gently mobile within the limits of pain and the restrictions of your specific rehabilitation program.

Return to Work / Driving

If you work in an office or can arrange to do so, you may return to work in a few days once you feel comfortable. If your work involves significant physical activity, you may need up to 12 weeks off. You can drive once you are out of your sling and have regained adequate range of motion and strength.

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peter@coastalorthopaedics.com.au
www.drpeterdalessandro.com.au

