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Shoulder & Knee Reconstruction
Hip Arthroscopy, Surgery for Athletes



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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. Shoulder replacements will stay up to 3 days. Your post op appointment is 2 weeks after surgery. If you do not have an appointment please contact my PA Bronwyn on 9230 6333 or bronwyn@coastalorthopaedics.com.au. 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 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

We have an excellent practice nurse Cherie who will see you with me at your 2 week appointment, and will be happy to answer any questions or concerns you may have in the peri-operative period. If you are worried about your knee, if there is new redness or fever or if you develop significant calf pain or swelling 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 about and sleeping, and particularly when around children. 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 use your sling until directed to discard it, generally until you feel comfortable for a Subacromial Decompression, 4 weeks for a Shoulder stabilisation/SLAP repair and 6 weeks for a Rotator cuff repair/Shoulder replacement.

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. Please inform me of who this is or ask me for a referral. Your aim is to keep your shoulder gently mobile and supple within the limits of pain and any 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 6 weeks off then a period of light duties up to 12 weeks. You can drive once you are out of your sling and have regained adequate range of motion and strength.



CLAREMONT

MURDOCH

MANDURAH

ROCKINGHAM

MIDLAND

MT LAWLEY

WHEATBELT

Bethesda Hospital • St John of God • Peel Health Campus • Waikiki Hospital • St John of God • St John of God • Northam Hospital