



SHOULDER SURGERY INSTRUCTIONS

OUR APPROACH TO MINIMIZING YOUR DISCOMFORT

Our clinic's goal is to keep our patients as comfortable as possible after surgery. The medicine that we ask you to take is a big part of your comfort. We want you to take the medicines even before you have surgery. This is a way of preparing your body for surgery. It is a very important part of your comfort, and has helped many of our patients manage their pain at home without needing to go to the hospital. This information is your guide to what do about your medicines and any pain that you feel.

THE DAY BEFORE SURGERY:

Take **2 Tylenol** with each meal.

THE NIGHT BEFORE SURGERY:

Do not drink or eat **anything** after **MIDNIGHT**.

THE MORNING OF SURGERY:

DO NOT DRIVE ON THE DAY OF SURGERY. Someone else must give you a ride who will take responsibility for getting you into your home. Taxis, Buses, or public transportation are NOT OK.

You may brush your teeth, but be careful not to swallow any additional water. Do not use lozenges, candies, chewing gum or tobacco prior to surgery. The reason to avoid these substances is that they stimulate your digestive system. When this happens, it can increase the risks of the anesthetics we use in surgery.

AT THE TIME OF SURGERY:

A relaxing medicine can be given through your IV line. Additional medicines are given through the IV line to prevent nausea and dizziness after the operation. After you are asleep and BEFORE we begin the operation, a numbing medicine will be injected into the area where we will be working. Before going to sleep the anesthesiologist will numb the nerves supplying your shoulder to reduce any pain. A second numbing medicine injection will be performed at the surgery center two days following your procedure to get you through the early recovery more comfortably. We will also recommend using your ice wrap at home to reduce pain.

AFTER SURGERY:

You will need a RIDE home by a responsible person. You will need some help the first day or two. Stay ahead of the pain.

AT HOME:

Get settled and comfortable. Begin taking your short acting pain pills (Hydrocodone or Oxycodone) **BEFORE** you have serious pain. It is important to stay comfortable the first few days. If the pain gets ahead of you it will be difficult to get caught up.

Take the following medicines:

15-mg of **MS Contin** (take one pill each morning when you wake up and one pill at night just before bedtime) Do this for the **first ten days** after surgery. This is a long-acting pain reliever.

ANTI-NAUSEA MEDICINE be provided. Take only as needed and not more than the recommended dose on the bottle.

We recommend using an over the counter **stool softener or laxative** for the first week after surgery to prevent constipation.

Take 7.5 mg. of **Hydrocodone** or 5 mg **Oxycodone** (1-2) pills every 3-4 hours as needed for pain. If you are not experiencing enough pain to need Hydrocodone or Oxycodone, **DO NOT TAKE** them. Most people rely on these medicines to stay comfortable for a few weeks after surgery. They are designed for this purpose and when used properly do not usually become habit forming. We will begin weaning you off these medicines gradually in the weeks after surgery.

Begin **EATING** slowly with liquids and ice chips first. If you feel okay after that you can begin eating small amounts of food and slowly increase the amount through the day.

DRESSINGS:

Keep the dressings intact and do not get them wet. Report any large amount of drainage that soaks through the dressing. The dressings and sutures will be removed at your first post operative visit. After your follow up visit, cover any wounds with a light dressing or band aids and change them each day for one week. It is okay to gently clean the wounds with soap and water but do not scrub the wounds. Report any increasing redness or continued drainage to the doctor.

ACTIVITIES:

You will be given instructions by our staff on the appropriate level of activity that you may engage in following your surgery. You may contact our office at any time during business hours at **(503) 885-7770** If a doctor is needed, Dr. Di Paola or Mr. Rodriguez will evaluate your situation. After hours, you may reach our answering service by calling **(503) 963-6124**. Someone is on call 24 hours a day to meet any urgent needs. If you are unsure of what to do, it is best to place a call and contact us so that we may assist you as needed.

REASONS TO CALL IMMEDIATELY:

If you experience significantly worsening pain, fevers of over 101°, chills, sweats, shakes, or pain that is not controlled by the medicines above, please call our office.

Thank you for trusting us with your surgical care.