

General Discharge Instructions Following Shoulder Surgery with Dr. Morgan

1. **Diet** - Remember to start with liquids and light food. Advance as tolerated.
2. Take **pain medication** only as needed according to instructions on the bottle. If you have had a nerve block for shoulder surgery, please take your pain medication when you **first** are able to move and feel your fingers. Sometimes the shoulder nerve block numbing effects can wear off quickly and it's good to have pain medication in your system before the nerve block wears off. Remember in the first **24 hours after surgery** your pain medication works better at **"keeping the pain away"** than **"taking the pain away"**. Be sure to cough and deep breathe regularly to keep your lungs expanded after surgery.
3. Notify Dr. Morgan immediately (**704-788-3155**) if you experience any **chills, fever** over 101.5 degrees, incision **drainage, calf pain** or **chest pain**.
4. After shoulder surgery it is sometimes more comfortable to sleep in a recliner or "propped up" in bed.
5. **Do not get the incisions wet** until after your first post op visit with Dr. Morgan and when your sutures/staples are out. Be sure to keep your incision dry. Do not remove the sutures or the white steri-strip tape. If your dressing and/or incision(s) get wet, the dressing should be changed at that time.
6. **2 days after surgery** you may shower (**NO tub baths, hot tubs, Jacuzzi**). Take off the dressing that was placed in the operating room and place waterproof band-aids over the incision(s) (leave any white steri-strips in place if present). For showering cover the incision(s) (with Band-Aids over incision) with Saran Wrap or Glad "Press and Seal".
7. You may have been issued a **Cold Therapy Unit Polar Care**, it helps with swelling and pain control. Use the cold therapy unit as needed – meaning use it some (ie, 30 minutes x 4 times), but don't leave it on, running all the time (your skin needs an occasional break from the cold). If you do not have a cold therapy unit, an **ice bag** may be used on your shoulder. Make sure not to place the ice bag directly on your skin. **Remember the cold therapy and ice help reduce pain**. If you have any problems with the Cold Therapy Unit, please call the number on the equipment.
8. Wear your **shoulder immobilizer** unless at physical therapy or unless you were instructed otherwise by Dr. Morgan.
9. As discussed before surgery, **Physical Therapy** for almost all surgeries should be set up to start around 3 to 5 days after your surgery (unless otherwise stated by Dr. Morgan). Home exercises given should be done 3 times a day unless otherwise instructed. **Patients are responsible for setting up their therapy after surgery. Please set up you post op physical therapy before your surgery to guarantee you will have an appointment after you surgery.**
10. A **postoperative appointment** with Dr. Morgan should already be scheduled for you by the Surgery Scheduler. If you do not have a follow up appointment or questions regarding the timing of this appointment, please call **704-786-5122**.

Thank you for allowing me to participate in your care. Please contact me with any questions or concerns!