



**MARK A. YAFFE, MD**

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

## **SHOULDER SURGERY**

### **POSTOPERATIVE FOLLOW-UP INSTRUCTIONS:**

[X] Please call **(847) 285-4200** to schedule a postoperative appointment with Sean Grant, Physician Assistant. This should be 14-16 days after your surgery.

[X] Please call **(847) 285-4200** to schedule an appointment to be seen by physical therapy in 1.5 weeks for your first post-operative physical therapy visit.

### **DRESSING INSTRUCTIONS:**

[X] Remove your dressing **2 days** after surgery. Please see below for additional instructions.

**ICE:** Apply ice, 20 minutes on, 20 minutes off.

**PAIN CONTROL:** If your pain medication is written for up to "every 4 hours" for example, make sure that you are taking it "as prescribed" for maximum effectiveness if you are in pain.

Always take pain medication with a meal or a small snack, never on an empty stomach!

If pain medication is NOT WORKING- you may take TRAMADOL if this was prescribed, or you may take IBUPROFEN up to 800mg every 8 hours to supplement if you are safely able to take this medication.

**NAUSEA:** You may be given a prescription for ZOFRAN (Ondansetron). Only "fill" the prescription at the pharmacy if you are having nausea/vomiting.

**ANTIBIOTICS:** If you are given a prescription for an antibiotic (Cephalexin, Clindamycin etc), please take it as scheduled.

### **POSTOPERATIVE MEDICATIONS:**

The following medications were sent to your pharmacy the day before surgery (some of these may not have been prescribed to you, depending on your postoperative needs):

- **Cephalexin or Clindamycin** – these are antibiotics prescribed for 1 day postoperatively. Start these medications approximately 6 hours postoperatively.
- **Zofran (ondansetron)** – anti-nausea medication.
- **Senokot S** – this is a medication to prevent constipation.
- **Naproxen or Ibuprofen** – these are anti-inflammatory pain medications that may be taken in conjunction with pain medication provided to you at the time of surgery (depending on your surgery type). Do not take these medications if you have heart or kidney disease.
- **Norco or Tramadol** – these are pain medications.
- **Aspirin** – this is to help prevent blood clots following large surgeries.

**POSTOPERATIVE INCISION CARE:** Remove your dressing **2 days** after surgery. Remove all gauze and xeroform (yellow gauze). To help remove the adhesive, use alcohol swabs or rubbing alcohol on a cotton ball on the adhesive portions of the tape.

#### **If you have sutures (stitches) in place**

- Apply a new clean and dry bandage twice daily. Keep the incision clean and dry. Do not apply any ointment unless directed to do so.
- Continue these dressing changes until your first post op visit.

#### **If you have steri-strips in place**

- Do **NOT** remove these. They will fall off on their own after 1-2 weeks.
  - If steri-strips do fall off before 1-2 weeks, do not be concerned, simply continue normal dressing changes.
- You may have *CLEAR SUTURE LIMBS* visible around your incision, which are normal. Leave these in place until your first post op visit.
- Apply a new clean and dry bandage twice daily. Keep the incision clean and dry. Do not apply any ointment unless directed to do so.

Example of what the steri-strips will look like:





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**If you have small incisions and arthroscopic portal sites**

- Apply a normal Band-Aid to small incisions/portal sites each morning. You may remove the Band-Aid at bedtime to let the incision air dry.

**SHOWERING:**

You may shower after surgery; however, avoid getting the incision site wet as much as possible. This helps to minimize the chance of infection. **Allow the incision site to air dry thoroughly after showering before applying a new dressing.** You will be able to shower normally without restrictions 2 weeks after surgery.

**If you have any questions or concerns, please call Dr. Yaffe's clinical team at (847) 285-4314. After hours, an On-Call Physician may be reached at (847) 285-4200.**