



**IRGINIA SPINE & SPORTS ORTHOPAEDICS**  
**ANGELA M. SANTINI, M.D.**  
**19450 DEERFIELD AVE. #175, LANSDOWNE, VA 20176**  
**(703) 858-5454**

## **SHOULDER POSTOP INSTRUCTIONS**

- Do not drive a car or operate machinery for 48 hours, or as long as you are taking pain medication.
- Do not consume alcohol, tranquilizers, sleeping medication or any non-prescribed medication for 24 hours unless approved by your doctor, or as long as you are taking pain medication.
- Do not make important decisions or sign important papers in the next 24 hours.
- **HAVE A RESPONSIBLE PERSON WITH YOU TONIGHT.**

### **ACTIVITY**

Rest for the remainder of the day.

You may return to work or school when advised by your physician.

Use sling / immobilizer as instructed.

Keep pillow behind elbow when in bed or chair so arm does not drop behind your body. It will be helpful to sleep propped up with pillows.

Keep moving after surgery as tolerated. You may be up and walking. Please pump foot and ankle while in bed or sitting for exercise.

### **TREATMENT**

Use an ice bag on the operative site for 24-48 hours when not up moving. DO NOT put directly on the skin.

Keep your dressing clean and dry. You may shower after the bandages are off, but keep the wounds clean and as dry as possible. Avoid using creams or ointments on the wounds.

### **MEDICATIONS**

Use pain medication as prescribed by your doctor. As your pain subsides, you may also decrease the amount of pain medicine that you use. Do not take additional Tylenol with other pain medicines. Typically, the first 2 days after surgery are the most uncomfortable. You may take anti-inflammatory medications as needed, unless instructed to the contrary by your physician.

### **DIET**

Begin with clear liquids and progress to normal diet if not nauseated. For the day of surgery, avoid fatty foods and those that are high in protein content.

### **The following are expected occurrences following surgery:**

Discomfort

Moderate swelling of the incision area

Bruising of the skin near the operative site and upper arm

### **NOTIFY PHYSICIAN IF:**

Pain is not relieved by pain medication

Persistent nausea or vomiting

Chills/fever (above 101.5)

Persistent bleeding or swelling at the operative site

Unable to urinate for 6-8 hours

Follow up with the doctor next week by calling 703-858-5454 to schedule an appointment, if not already done. Call 703-858-5454 if there are any problems or concerns. If after hours, the doctor on call will be paged.



**VIRGINIA SPINE & SPORTS ORTHOPAEDICS**  
**ANGELA M. SANTINI, M.D.**  
**19450 DEERFIELD AVE. #175, LANSDOWNE, VA 20176**  
**(703) 858-5454**

## **POST-OPERATIVE SHOULDER SURGERY EXERCISE INSTRUCTIONS**

These exercises should be done 10 times each, three times per day. Taking your pain medication 20 to 30 minutes before doing the exercises is helpful in easing discomfort. Apply ice packs after exercises.

### **ELBOW RANGE OF MOTION**

Remove the sling. Bend and straighten your arm at the elbow with you arm resting against your body.

### **GRIP STRENGTHENING**

With arm in sling, grip a rubber ball or old tennis ball. Hold for 5 seconds and release.

### **SCAPULA TIGHTENING**

With arms at your side, pull your shoulder blades together. Hold for 3 seconds and release.

### **SHOULDER RANGE OF MOTION**

1. While lying flat in bed, grasp wrist of operated arm with un-operated arm. Raise arm above head towards headboard. Un-operated arm should support the operated arm throughout the exercise. Hold until you feel discomfort and advance. Begin slowly and advance daily. You may also use pulleys for this exercise.
2. Pendulums: Lean forward and let arm gently swing forwards and backwards and side to side. This may be done with the sling on or off.