



Meagan McCarthy, MD

General Shoulder Postoperative Instructions

MEDICATIONS: You will be given three prescription medications. One medication is to help reduce pain, one is to control inflammation, and one is to help with nausea. The pain medication is a narcotic and should be taken if only if necessary. Tylenol may be used instead of the narcotic pain medication if you are having mild pain.

DRESSING: Leave the dressing on for the first 48 hours. After 48 hours you may remove your dressing. If you find tape strips over your incisions, please leave them on until your post op visit. If no tape strips are found, place band aids over your incisions. No antibiotic ointments are needed. During your 7-12 day post-op visit, your sutures will be removed, and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over time.

SHOWERING: You may shower 48 hours after your surgery and get your incisions wet. However, do **NOT** immerse in a tub or pool for 7-10 days to avoid excessive scarring and risk of infection.

CRYOCUFF: Keep cold therapy cuff on at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling and pain, and improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. If you do not have the crycuff, using ice on the operative limb 20 minutes on and 20 minutes off is appropriate.

ACTIVITIES: Rest your shoulder for the first 24 hours. Keep arm in sling as directed by your doctor. Please refer to the handout regarding post-operative rehabilitation protocol for more detailed activity recommendations.

**** If you experience severe pain that is not relieved by the pain medication, please let us know.*

*If you experience a temperature over 101.5°, redness or swelling in your thigh or calf,
please contact our office immediately at 775-786-3040, or if after hours, call and ask for the
Orthopaedic Surgeon on-call.*