

AFTER YOUR SURGERY

A REPAIR SHOULDER OPERATION

Post-operative shoulder care for:

- Rotator cuff repair
- Shoulder stabilisation
- AC joint reconstruction
- Any tendon repair
- Shoulder Replacement

After discharge:

- Use the Interscalene catheter nerve block as per your Anaesthetist. This numbs your shoulder. Do not be alarmed if your hand is also numb.
- Remove the interscalene catheter as per the instruction of your anaesthetist. Usually 3 days after discharge.
- Take pain medicines regularly. Do not wait for pain to come before doing so.
- Waterproof dressings, leave them on until your follow up at 2 weeks. However, if they fall off after 1 week, the wounds would have healed by then.
- Shoulder sling immobilisation 24 hours per day for six weeks.
- Sling can be removed for showering, operated arm resting down by the side of the body.
- Do not elevate the operated arm (this can disrupt the repair). If you wish to wash your armpit, lean forward or over to that side.
- Please do not drive for 6 weeks.
- Do not elevate or use operated arm for activities of daily living for 6 weeks post-op (this can disrupt the repair).
- Regularly and gently move your hand and elbow to prevent stiffness and relieve the aches and pains. Do not raise your operated arm in the air (this can disrupt the repair).
- Clinic follow up appointment at approximately two weeks post-op, supplied with your admission pack.
- Medical certificates supplied with your admission pack.
- Referral to physiotherapy usually starts after 6 weeks post-op.