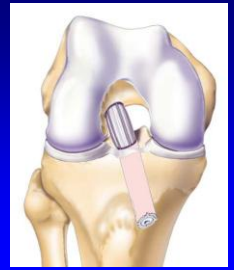




Dr. Benjamin

Orthopaedic Surgeon



Shoulder Arthroscopy, Acromioplasty and Rotator Cuff Repair

Date : _____

Findings :

1. _____
2. _____
3. _____

Operation Performed

1. _____
2. _____
3. _____

Your Operation was done through a single small hole and a small wound. The wounds are closed with dissolvable stitches reinforced by steristrips. These strips can be removed after 10 days. Despite the fact that only small incisions were required for your surgery the amount of surgery done was as if a full operation had been performed

POST OPERATIVE INSTRUCTIONS

Most patients stay 1 night in hospital and are discharged the following day.

Sling : You will return from theatre wearing a sling with a cushion fitted. This sling will protect your repaired tendons and will need to be worn for 6 weeks.

Dressing : It is normal for the wound to ooze a little during the first night. The nurses will change this to a waterproof dressing the next morning. Once you leave hospital the dressing should be left intact for 7 days,

Sleeping : Sleeping can be uncomfortable if you try and lie on the operated arm. We recommend that you lie on your back or on the opposite side. Ordinary pillows can be used to give you comfort and support.

Appointment : You should have an appointment to see Dr Hewitt in 10 days. If you don't have one, ring his secretary on 9212 4200.

PHYSIOTHERAPY

It is important to begin moving the shoulder as soon as comfortable. My physio will see you while you are in hospital and instruct you on some simple exercises to do at home.

SHOULDER SWELLING

Shoulder swelling and pain is inevitable after surgery. These can be controlled by

- Icing the shoulder for 20 mins three times per day.
- Keep doing the exercises to keep your muscles strong.
- Take regular pain medications.

PAIN RELIEF MEDICATIONS

Most patients will need to take regular pain killing medications as shoulders can take a while to settle down.

Paracetamol

Take 1 gram (usually two 500mg tablets) 4 times a day REGULARLY even if your pain is not severe
Do not take if you are known to have severe liver disease

Naproxen SR (or other anti-inflammatory)

Take 1 g once a day REGULARLY even if your pain is not severe for 5 days
Always take with food

DO NOT take if you know you are not able to take anti-inflammatory medications, if you have stomach ulcers or if you have kidney disease.

Panadeine Forte (or oxycontin)

For severe pain instead of paracetamol.
Take 2 tablets 4-6 hourly, maximum 8 per day.

Strong pain-killers can make you constipated. I advise you also ask your chemist for laxatives such as coloxyl with senna and start on these as soon as you leave hospital.

Return to activity

This depends on the damage found within the shoulder, the surgery performed and the fitness of the patient.

Driving : Not until the sling is off, therefore at least 6 weeks.

Office based work : 2-3 days.

Physical work : 6 weeks. Longer if heavy lifting or overhead activities.

Sport : You should avoid sustained, repetitive overhead activities for three months. With regard to swimming you may begin breaststroke as soon as you are out of your sling. But you should wait three months before resuming freestyle. Golf can begin at eight weeks.

If it hurts or swells then you are doing too much.

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