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# CAMDEN BONE & JOINT, LLC

## ORTHOPAEDIC/SPORTS MEDICINE & SURGERY

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Orthopaedic & Arthritis Surgery  
Arthroscopic Surgery  
Pediatric Orthopaedics

Sports Medicine  
Total Joint Replacement

Ankle & Foot Surgery  
Hand & Upper Extremity Surgery  
Kyphoplasty

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**JAMES W. NICHOLS, D.O. ~ THOMAS N. JOSEPH M.D. ~ ANDREW W. PIASECKI, M.D.**

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<http://orthodoc.aaos.org/CamdenBoneandJoint/>

### Shoulder Surgery Postoperative Instructions

1. Shoulder will be painful for up to six weeks. In some patients, soreness will persist for up to six months. Over time the pain will only be limited to activity or motion of the shoulder. Doing the recommended exercises is important to improve motion and pain. This is probably the most important action you can take to improve your outcome.
2. You should keep the dressings dry for the first three days. The dressings may be removed at this point and replaced with small Band-Aids or gauze with tape.
3. You may remove the shoulder sling or immobilizer as needed to do range of motion exercises or bathe as instructed.
4. If you had a rotator cuff repair, I require the sling for about four to six weeks to prevent active lifting of the shoulder. If you have had a subacromial decompression (bone spur removal), the sling is for comfort only and can be removed when you are comfortable.
5. If the rotator cuff has been repaired you should not lift the operated arm for six weeks. This is to allow the cuff time to heal without excessive strain. All of your motion must be passive (using your other arm to lift and move the operated shoulder and arm) You should begin elbow and wrist range of motion exercises immediately after surgery.
6. Ice is very helpful for controlling pain and swelling in the first week. This should be done for 20 to 30 minutes for four to six times a day. As your recovery progresses, ice may be useful after exercise.
7. Sleeping in a recliner chair the first couple of nights with a pillow behind the arm and shoulder is sometimes more comfortable than the bed.
8. Please call the our clinic or go to the hospital if you have fevers over 101.5 Fahrenheit, increasing uncontrollable pain, active bleeding through the dressing, cloudy drainage, increasing redness around the shoulder , or calf pain with increasing swelling. **Blood staining of the dressing is expected and normal.**
9. Phone numbers to reach the office during regular business hours you can call: 803-432-4498, after business hours Kershaw County Medical Center: 803-432-4311 and the operator can have the surgeon on-call paged for you or if it is an emergency come in to the Emergency room.