

**DISCHARGE INSTRUCTION SHEET
SHOULDER AND ELBOW SURGERY**

Patient's Name: _____

Date: _____

Note: If you have any problems, please call Dr. McCann (212) 844-6735.

DAY OF DISCHARGE:

1. Call Dr. McCann's office for a **follow-up appointment**.
2. Wear **sling** for comfort. You may remove sling when in a chair or bed.
3. Place plastic bag full of **ice** on top of shoulder or elbow for 20 minutes every two hours. Increase or decrease duration of icing for maximum comfort.
4. **Sleep** upright in bed with extra pillows and a firm pillow under your elbow for maximum comfort; lying down flat is usually more painful, but you may sleep in this position if comfortable.
5. Take **pain medication** as needed (SEE BELOW).
6. You may **shower**, but cover the operated area with a hand towel in order to keep the direct flow of water off the incisions, and direct stream of water on opposite shoulder.
7. **Use operated arm** below shoulder level as comfort permits for everyday activities such as washing hands, buttoning shirt buttons, and eating.
8. If **exercises** were begun in the hospital, continue home exercises as outlined on therapy sheet.
9. It is normal to develop **swelling** and **bruising** (black and blue) in the arm, chest, and hand 2-5 days following surgery. If the swelling is uncomfortable, lie down and elevate the hand on a pillow above the level of your heart. Also, actively move your fingers and wrist to help decrease swelling. Swelling and bruising will resolve on their own at 2-3 weeks following surgery.

MEDICATIONS:

1. **ALEVE (220mg)** is a strong anti-inflammatory and a non-sedating pain reliever available over the counter without a prescription. Take two **ALEVE** with breakfast and two with dinner each day and continue for as long as you have pain. After several days you may stop the **ALEVE** if you have no pain. **SIDE EFFECTS:** Patients with gastritis, peptic ulcer disease, or hiatal hernia should not take **ALEVE**. If stomach pain develops when taking **ALEVE**, stop the medication.
2. **TYLENOL EXTRA STRENGTH (500mg)** is a non-sedating pain reliever that may be taken in addition to **ALEVE**, as they do not interact with each other. Take 1 tablet every 4 hours as needed for pain. **SIDE EFFECTS:** There are minimal side effects from **TYLENOL**, but **DO NOT** exceed the maximum daily dose of 4000mg, or 8 tablets.
3. **OXYCODONE** is a narcotic and a potent pain reliever. **SIDE EFFECTS** of narcotics include nausea, sedation, light-headedness and constipation. Many patients find the side effects of narcotics worse than the post-op pain. For this reason, take the narcotics only if **ALEVE** and **TYLENOL** do not give you adequate relief. Take 1 or 2 tablets of **OXYCODONE** every 4 hours as needed. There is no cross-reaction of the **OXYCODONE** with **ALEVE** or **TYLENOL**.