



Peter D. McCann, MD
Director of Orthopaedic Surgery, LHGV
Shoulder and Elbow Surgery
Phone: 646-665-6784 Fax: 646-665-6791

POSTOPERATIVE INSTRUCTION SHEET

AMBULATORY SHOULDER AND ELBOW SURGERY

Patient's Name: _____

Date: _____

Note: If you have any problems, please call Dr. McCann (646) 665-6784.

DAY OF SURGERY:

1. Remain in the sling until Dr. McCann calls you the morning after surgery. The duration of anesthesia is variable and may last 12-24 hours after discharge from hospital.
2. Place plastic bag full of ice on top of dressing for as long as you wish for comfort.
3. Sleep upright in bed with extra pillows and a firm pillow under your elbow for maximum support; lying down flat is usually more painful.
4. Resume any of your regular medications. Eat and drink if hungry and thirsty.
5. Take pain medication (SEE BELOW).

DAY AFTER SURGERY:

1. Dr. McCann will call you the day after surgery.
2. Remove the top large layer of dressing and leave the small steri-strips on the incisions.
3. You may shower but place a hand towel over the operated area and keep direct flow of water off the incisions. If the small steri-strips fall off, replace with Band-Aid.
4. Use operated arm for regular, everyday activities below shoulder level; that is, washing, dressing, eating. Avoid lifting or raising the arm.
5. After dressing, replace the sling until you speak with Dr. McCann.
6. 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 (5 mg)** 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.