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## **DISCHARGE INSTRUCTION SHEET SHOULDER AND ELBOW SURGERY**

Patient's Name: MICHAEL LANZA

Date: 02/05/2018

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

### **DAY OF DISCHARGE:**

1. Call Dr. McCann's office for a **follow-up appointment**.
2. Wear **sling** for comfort. You may remove the sling when in a chair or bed and rest your arm in your lap or on a pillow, whichever is more comfortable. **DO NOT** use the operated arm to reach behind you and assist your rising from a bed or chair. Wear the sling when walking.
3. Remove your sling when upright for dressing and allow the arm to hang straight down at your side.
4. You may **shower**, but cover the operated area with a hand towel in order to keep the direct flow of water off the incisions.
5. Best to wear a button down shirt and place the operated arm in the sleeve first, off last.
6. **Use operated arm** below shoulder level as comfort permits for everyday activities such as washing hands, buttoning shirt buttons, and eating. Bend the elbow and allow fingers to touch your nose, but do not raise the arm any higher. Safe range of motion is to actively move the hand between your side pocket and nose and, within this limited range of motion, you can be independent in self-care: washing, dressing and feeding yourself.
7. Place a plastic bag full of **ice** on the operative site for 20 minutes every two hours as necessary to relieve pain. If not painful, no need to ice the operative site.
8. **Sleep** with sling on 45-60 degrees 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.
9. Take **pain medication** as needed (SEE BELOW).
10. 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**.