



105 E Noble Ave. Visalia, CA 93277
Office Number: 559-733-3346

I know you had several choices on where to go for your surgery, and I'd like to thank you for trusting me to care for you. An important part of your recovery is following the post-operative instructions closely. Please review these instructions to make sure nothing gets missed.

Thank you,

Ian C. Duncan, MD

Shoulder Post-op Instructions

Wound Care/ Bathing:

- You may shower the day of surgery and the following 3 days with your bandage on as long as the bandage and shoulder stays dry.
- You may remove your bandage 3 days after surgery (except the steri-strips on the skin, if you have them). You may get the shoulder wet, wash lightly with soap and water, and recover the incisions with Band-Aids.
- **NO SOAKING IN A POOL OR TUB for 3 weeks.**

Pain Control:

- Pain medication should have been called in the day of your pre-op visit.
- Please pick up your medication before surgery. If it's not ready, call Debbie or Jessica at 733-3346 or speak to Dr. Duncan the day of surgery to make sure we call it in again.
- Take pain medication as directed by the pharmacist when you pick up your prescription.
- Take an anti-inflammatory like the Meloxicam if we called that in, or else over-the-counter Advil, Aleve, etc for the first 2-4 wks to help with the pain and swelling. You can stop if you have no pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard when the numbing medication used during your surgery wears off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice shoulder for 10-15 minutes every hour as needed for swelling.
- Try to elevate your arm as much as possible in the sling and/or with a pillow and if possible higher than your heart (easier when laying down), as much as possible for pain & swelling.

Blood Clot Prevention:

- Blood clots are not a big concern with most open shoulder procedures, the exceptions are if you smoke or take birth control medication, or and very concerned about this: take 1 full strength 325 mg aspirin daily for 2-4 weeks to minimize your risk.

Activity:

- Wear sling at all times, especially while sleeping. If sitting down on chair or couch you may remove sling to extend forearm/elbow. But if up and moving around must have sling on.
- You may want to sleep in a recliner or elevated in bed at a 70 degree angle for pain management. This also will keep you from rolling over onto the shoulder in your sleep.
- Please remove your elbow from the sling several times a day to bend and straighten and rotate your elbow. You should also be frequently moving your wrist and fingers so they don't get stiff.
- I recommend you not return to work until the following week for your comfort and safety, and only return if and when you can do so safely. You should not drive until your first follow-up appt.

Physical Therapy:

- You should have been given a physical therapy prescription at your pre-op visit, if not call the office and request we fax one and give you the phone number
- Call and schedule your first appointment for 4 to 9 days following your surgery.
- Review the therapy protocol so you have an idea of the timeline of what you'll be doing.

Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Duncan, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Duncan's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.