

Wound Care:

You will have keyhole incisions at the front, back and side of your shoulder.

It is very important to keep your wounds dry, clean and covered with a sterile dressing for at least 7 days. It is not unusual for a small amount of blood, pinkish or clear fluid to leak out of your incision site during the first week or so. If your dressing gets wet or has been soiled by seepage from your wound replace the dressing with another sterile dressing. After 7 days your dressing may be removed if your incision sites are not leaking fluid.

Your stitches will dissolve in a few weeks. There will be some steri-strips across your incision to support the skin edges while it heals and these will be removed when Dr Pope or his nurse checks your wounds at your post operative visit.

It is normal for your arm and shoulder to be swollen post surgery. Bruising may appear down your arm and on your chest a couple of days after surgery.



Pain:

It is expected that you will feel pain in your shoulder after you get home. It will be at its most severe for up to 10 days and then gradually reduce. It is important that you take your prescribed medications for pain to ensure that you will be as comfortable as possible. Sleeping will be difficult and you may need to sleep upright on pillows or in a recliner chair. This helps reduce the discomfort in your shoulder. Cold packs, rest and massage of your neck and shoulders will also assist.



Sling: (Acromioplasty and Labral repair)

You will need to wear your sling for **four to six weeks** following surgery. The sling is necessary to reduce movement of your shoulder to allow the rotator cuff tendons to heal back onto the bone. It will also assist you with the pain you feel during the first 2 weeks. The sling must take the whole weight of your arm and your shoulders should be relaxed. You must always wear your sling when you sleep and travel in a vehicle. When you come out of your sling to do your exercises or shower remember to move your elbow, wrist and fingers so they do not get stiff.



Exercises:

Follow the exercises in the booklet that you have been given by the physiotherapist. You can commence these exercises when you are comfortable. Do not work through a pain threshold with these exercises; work to your own level of comfort.

Contact Mr Pope's office if experiencing:

Increasing pain and swelling

Increasing redness or leakage from wounds

Fever or chills

If experiencing any of the above during office hours (8.30am to 5pm), you can contact Dr Pope's office on 8236 4171 or contact our after hours number on 8236 4100 if outside office hours.

Do not hesitate to contact Dr Pope's office at any time for any other questions or concerns.

