



Post-discharge recommendations in patients with shoulder surgery



While wishing you good health and complete recovery, please pay attention to the following points regarding the necessary care at home.

- 1) 3 or 4 times a day, remove the hand from the neck hanger and perform 10 to 20 full elbow movements each time.
- 2) Move the fingers and wrist - on the operated side - as much as possible and permanently without opening the neck pendant to prevent blood clots in the veins of the upper limbs and to prevent the fingers from drying out.
- 3) Wound dressing should be changed every other day in well-equipped and reliable centers by qualified people. Do not use anything other than betadine and washing serum for dressing. Using substances such as ointments and creams can increase the infection.
- 4) After shoulder surgery, especially rotator cuff tendon tears, some pain is normal, and in fact, the pain is more than most surgeries in other parts of the body. For this purpose, your doctor will prescribe painkillers and sedatives upon discharge. Usually, stomach medicine (to prevent stomach ulcers) is also prescribed along with them. These pains are more in the beginning and will disappear little by little. Antibiotics are usually not prescribed after patients are discharged, so do not take antibiotics arbitrarily; But if there are special conditions and antibiotics are prescribed, take them completely.
- 5) If the operation site becomes painful, swollen, red, or purulent, or fever, chills, and lethargy occur, you should go to the emergency room immediately. Do not take these symptoms lightly, as they may be signs of an infection, which is very important.
- 6) Water should not reach the shoulder surgery wound for a week. During this time, you can wash the rest of your body, but prevent water from reaching the wound; For this purpose, you can also use standard waterproof dressings.
- 7) After shoulder surgery, you do not need absolute rest at home, and in fact, it is better to be active and walk as much as possible. There is nothing wrong with traveling, but the neck brace should be closed during the trip, the mentioned movements should be done and the dressing should be changed regularly.

8) If someone has a normal diet and does not lack nutrients in the body, he does not need any food or special strengthening medicine. If the patient is less active or has constipation, it is recommended to use more fruits and vegetables.

9) Normally, you should be visited by your doctor about 2 weeks after the operation (according to the appointment recorded in the referral card)

10) Shoulder wounds are usually sutured with absorbable threads. But if the knot is outside the suture vans first, the knots will be removed in the visit 2 weeks after the operation.

11) After shoulder surgery, it is usually necessary to perform physical therapy, the time of which starts depends on the type of disease and surgery; Your doctor will prescribe it in time. More important than physiotherapy is the exercise that is taught to you by your doctor. Do all of them carefully, no less and no more. If these movements are done more than possible, it may cause damage; And on the contrary, if for any reason, such as pain or fear of tearing the operation site, or to make the repair site stronger, these movements are performed less or delayed, it can cause tissue adhesion and shoulder dryness, the treatment of which is sometimes It is more difficult than the primary disease. So, take the movement recommendations after the operation seriously and do them carefully.