



## Dr. Ruwe Shoulder Discharge/Home Instructions

**FOLLOW-UP APPOINTMENT:** Call your doctor later today or tomorrow to arrange for an appointment to be seen. Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home.

**DIET:** Your regular diet may be resumed today. Start with liquids. Drink additional fluids today. Avoid alcohol for 24 hours and while you are taking your pain pills.

**MEDICATIONS:** It is normal to experience some discomfort after surgery. Take medication as prescribed. Pain medication may cause constipation. Eat something before taking medication to avoid stomach upset. Your doctor will prescribe your medication to take 1 tablet when you are aware of soreness and then every 3-4 hours as needed. Take buffered or enteric-coated aspirin 325 daily for 3 weeks as tolerated.

### **DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.**

You may experience drainage. **Do Not Remove Original Bandage Until Your Follow-Up Visit With Dr. Ruwe.**

**ACTIVITY:** Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.

Rest today. Get up every 2-3 hours during the day.

Go to the bathroom with assistance.

Use your sling.

After your shoulder surgery, be sure to move hand and wrist in sling.

**Keep dressing DRY.**

After surgery you may feel more comfortable sleeping in a recliner.

### **NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:**

\*Dressing is too tight

\*Fever above 101

\*Excessive swelling or bleeding

\*Nausea or vomiting

\*Excessive pain

\*Unable to urinate \*Infection

**IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY, CALL 911.**