

Please use this document as a reference and do not hesitate to call the office with any further questions or concerns. Please call 360-491-4211 x4232 or x4141 during regular business hours. You may reach the physician on call after hours via the answering service. For surgery scheduling related question you will need to call *Gina* at 360-491-4211 ext 3987.

Your post-operative appointment has been made:

At this appointment we will perform an x-ray of your shoulder. Your stitches will be removed. Dr. McKay or one of his PA-Cs will go over your surgery with you and answer any of your questions and address any of your concerns.

How soon after my operation may I shower?

It is okay to shower after 2 days. Remove the bulky dressing. Keep direct water off the incision. Do not soak; no baths, lakes, ocean, or hot tub, until the stiches have been removed.

When do the stitches come out?

The stitches will be removed in our office at your post-op appointment. Please do NOT remove your own stitches; portions of the suture can be left behind if not removed correctly. You may cover them with a bandaid if they are catching on your clothes.

How long do I need to keep my sling on?

- 1) Please keep your sling on at all times, except to shower and change your clothes for the first two weeks post-op (unless you are directed differently by Dr. McKay).
- 2) If you have any problems with your sling not fitting you correctly/comfortably, please call the office and ask for Eastside Physical Therapy. You may be asked to come in and have your sling re-fitted.

What is the ball attached to the sling for?

This can be used to squeeze with your hand to help with hand swelling and stiffness after your surgery.

Do I sleep with my sling on?

- 1) Always sleep with your sling on – this is the most important time because of the loss of voluntary control.
- 2) You may sleep anywhere you want as long as you have your sling on.
- 3) Most people prefer sitting up; such as in a recliner or propped up with pillows.

Why do I need to wear a sling?

After surgery, a sling is used to ensure that scar tissue sets up correctly. Failure to wear the sling could jeopardize the repair.

When can I drive after surgery?

Please feel free to drive your car when you feel safe to operate the vehicle, you are not taking narcotics any longer, and your car has an automatic transmission. Most people will not be capable of operating a manual transmission; an automatic is recommended until cleared with Dr. McKay.

How much/often can I lift?

Do **NOT** lift anything at any time with your operative arm/shoulder.

When will I start Physical Therapy?

At your two week post-op appointment, Dr. McKay will determine your physical therapy plans. There is no need for a prescription prior to your post-op appointment.

When will my nerve block wear off?

Most nerve blocks wear off in 12-36 hours. Please take pain medicine before going to sleep the first night.

How should I be taking my pain medications?

You will receive a prescription from Dr. McKay at the time you are discharged. We do not give post-op prescriptions prior to that time. For most, this will include a scheduled pain medicine and a rescue medicine to take between doses. The pharmacist will explain this in more detail. **Please note that you should always call at least 48 hours prior to running out of your pain medication to ensure that Dr. McKay will be available to write you a prescription if needed.**

Can I take anti-inflammatories?

No, unless directed otherwise, as it may impair the healing process.

What can I take for itching?

Over the counter Benadryl is okay to take for any itching that occurs after your surgery.

What can I take for nausea?

Nausea pills will be provided at the time of surgery along with a stool softener and your pain medications.

When can I go back to work?

This is dependent upon your occupational demands and the extent of your surgery. Dr. McKay recommends that you plan for **at least** 2-4 weeks off work. For most, it will be more easily determined at your post op appointment.



If you are a smoker NOW is the time to quit. Quitting smoking is the single best thing you can do to aid in your healing process and improve your overall health. Talk with your primary care provider about programs for smoking cessation.

How often and how long should I use ice on my shoulder?

Ice your shoulder for 20-30 minutes every hour if possible. Many find a continuous ice machine can be helpful with managing pain and sleeping.



This device is available for purchase within our office. The cost is \$150.00. The insurance companies will not pay for such devices. It is not a requirement that you have an ice machine however, you may find it helpful during your recovery.

Dr. McKay hopes that you find this helpful and informative. Please let Denise (Dr. McKay's medical assistant) know if you have additional suggestions for this form that may help our patients in the future. Your feedback is appreciated!