



William J. Robertson, MD

TMI Sports Medicine

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Post-Operative Instructions
Shoulder

1. **Physical therapy:** appointment will usually be scheduled for post-operative day #1.
 - ✓ TMI Physical Therapy: (817) 419-0303
 - ✓ **Activity:** Avoid strenuous activity for 1-2 days after your procedure. You may get up to the bathroom or to the kitchen for something to eat. Otherwise, wear your sling and squeeze your hand several time per day to reduce potential swelling in the hand.
 - ✓ Diet as tolerated. We recommend no spicy or greasy foods the day of surgery.
 - ✓ Strictly follow the sling and movement instructions that Dr. Robertson discussed with you prior to surgery.
 - ✓ You may feel more comfortable sleeping in a reclined position (i.e. pillows placed behind your back and supporting the surgical arm or in a recliner).
2. **Wound Care:**
 - ✓ You may remove the dressing on post-op day #2 and apply band-aids to wound sites to be changed daily for 10-14 days. Do not remove any steri-strips.
 - ✓ There may be some bleeding through the dressing, it is normal if this happens.
 - ✓ If there is excessive bleeding, where the outer layer of dressing is soaked, or if the bleeding continues to spread over several hours, call the office.
 - ✓ Please do not use bacitracin or other ointments.
 - ✓ You may shower on post-op day #2 if the incisions are dry. **MAKE SURE EACH INCISION IS COVERED WITH A WATERPROOF BANDAID DURING SHOWER ONLY.** (Glad "Press and Seal" works well to keep dry during showering.)
 - ✓ Do not soak the surgical limb until approved by Dr. Robertson.
 - ✓ If you received a cold therapy unit, use it as instructed. For Polar Care Units, typically 20 minutes at a time 6 times a day. If not, use ice pack for 20 minutes.
 - ✓ If TED stockings were placed at surgery, you may remove them on postop day 2.
3. **Medications:**
 - ✓ Take your pain medicine as prescribed, but remember narcotics can make you sleepy, nauseated, or constipated so take them with plenty of food and water. No alcoholic beverages while taking pain medication. It is a good idea to take over-the-counter stool softener every day while taking your pain medication.
 - ✓ You may start your pain and nausea medication when you get home.
 - ✓ Your main job is to keep the sling on, keep dressing clean and dry, and take your pain and nausea medication until you follow-up.
 - ✓ If you received a nerve block, the block should wear off anywhere between 12-18 hours. During this process, you may experience minor tingling, this is normal. Your entire arm including your hand may also be completely numb and unable to move, this is also normal.

If you are experiencing the following **symptoms**, please call our office:

- ✓ Fever (temperature of 101.5 degrees Fahrenheit or over)
- ✓ Redness or yellow/brown/green drainage from the surgical incision site
- ✓ Persistent severe sharp pain not relieved by pain medication
- ✓ Persistent and increasing swelling and numbness.

Dr. Robertson's Office # (817) 419-0303; After Hours # (817) 294-6285