

Dr. Desmond J. Soares

MB.BS. F.R.A.C.S

ORTHOPAEDIC SURGEON
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INSTRUCTIONS FOR PATIENTS FOLLOWING SHOULDER SURGERY

Dr. Soares will usually have put local anaesthetic around your wound. This should control your pain for between 8-10 hours after the operation. It may make your hand numb for the same period.

Please take some PAIN KILLERS (usually 2 Panadeine forte or Oxycodone if prescribed for an adult) about 6 hours after your operation. You may need to take 2 tablets every six hours for the first day. After the first day, cut back to 2 Panadeine or Panadol every six hours if needed. These can be purchased over the counter.

Please wear your sling when walking around, or in the car, again making sure the sling is tied so that your hand is level with your elbow.

Take your arm out of the sling twice a day and straighten out your elbow. This will prevent your elbow getting stiff. Please also move your wrist and fingers.

With your arm by your side lean forward and gently swing your arm around as in mixing a cake. You can do this in the shower and this will allow you to wash under your arm.

Do not try and lift your shoulder actively until you have been seen by Dr. Soares. The passive movement detailed above (mixing a cake) is safe and will help to get your shoulder moving.

If your pain is not settling please go to the Emergency Department of Greenslopes Hospital or Logan Hospital. You will be checked by a doctor there who will then contact Dr. Soares if necessary.

Please take any antibiotics prescribed until you have completed the course.

Please leave your dressings intact until seen by the Physiotherapists or Dr. Soares. This will reduce the risk of developing a wound infection. Please keep your dressings dry.

FOLLOW-UP APPOINTMENT: Your follow-up appointment will be at:

[X] SHOP 10, SPRINGWOOD PLAZA, 3-15 DENNIS ROAD, SPRINGWOOD Ph: 32085552

Please telephone once you get home, and make an appointment, so you can see Dr Soares 10-14 days after your operation. Please bring any X-rays you might have with you.

Please contact a **physiotherapist near where you live** and arrange an appointment for 2 weeks after your surgery.

PLEASE GIVE TO PATIENT