

# MOON SHOULDER GROUP

For information regarding the MOON Shoulder Group, speak to your surgeon or contact:

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# POST-OPERATIVE SHOULDER INSTABILITY Instructions



# MOON SHOULDER GROUP

***Activity Limits***

Showering: 48 Hours

Deskwork: When comfortable with sling

Driving: 6 weeks

Using arm for Activities of Daily Living: 6 weeks

Using arm to reach overhead: 12 weeks

Using arm to reach behind back: 12 weeks

Using arm to carry objects: 12 weeks

Pushing/Pulling: 12 weeks

Sport/Heavy Activity: When finished with therapy program

***Questions/Concerns***

If you have questions or concerns, please contact your doctor.

## **YOUR MEDICATIONS**

You should start taking all your usual pills right after surgery. If there are exceptions to this, your doctor will tell you. If you have questions contact your doctor's office.

## **BLOOD CLOTS**

Surgery may slow the blood flow in your legs, which might (rarely) cause a blood clot to form in the leg. If a clot were to form, the leg is usually painful and swollen. Blood clots can be serious and if you have one, you will need to go to the hospital. Walking regularly early after surgery can prevent blood clots. Moving the ankle a lot and rising up on your toes can lower the risk of this problem.

### **Please contact your doctor right away if:**

You have swelling, tenderness, pain, warmth or redness in your thigh, calf, or ankle.

### **Call 911 if you have signs that might mean a blood clot that has moved to your lungs:**

- Chest Pain
- Trouble Breathing
- Rapid Breathing
- Sweating
- Confusion

The MOON Shoulder Group is a group of shoulder experts who study the best ways to treat patients after surgery for shoulder instability. The treatment program is based on the best available evidence. When no information was available, the MOON Shoulder Group experts came up with an agreement for treatment.

## **GENERAL INSTRUCTIONS:**

### ***Icing***

Patients are urged to ice after surgery.

### ***Sling Use***

A sling with a small pillow is to be worn for six weeks after surgery. The sling may be taken off for showering and therapy only. The sling should be worn when in an uncontrolled setting: sleeping, around children, pets, and crowds during these six weeks.

## WOUND CARE

After surgery, you will have heavy bandages that may be taken off after 24 hours. If you notice some fluid leaking, you may put on another heavy bandage. Under the bandage, you may have thin strips of tape over your wound. **Do not remove the strips.** They will fall off by themselves.

You may shower 48 hours after surgery. To wash the under-arm area, lean forward and let the arm hang in front of you. It is all right to allow water to run across your wound, which is protected by the strips. **DO NOT get into a bathtub, pool, or spa until your sutures are removed and your wound is completely healed to lower the chance of skin infection.** Always wash your hands before touching your wound. **DO NOT use any anti-bacterial creams on your wound.**

Please contact your doctor immediately if you notice any of the following as these could be a sign of an infection: 1) Fluid leaking from the wound; 2) A foul odor from the wound; 3) Any redness or warmth around the wound; or 4) Increased pain. In addition, please check your temperature if you begin to feel ill, warm, or if you have chills. Contact your doctor immediately if your temperature is above 101 degrees or you think you may have an infection anywhere in your body. It is common to have a low temperature within the first week of surgery. You should drink fluids and breathe deeply.

## SWELLING AND BRUISING

It is common to have swelling and/or bruising after surgery. This is caused by bleeding and is expected. The bruising may start out black-red-purple that will change to a yellowish-green color as it fades over a few weeks. The bruising may go down the arm. You may also have some swelling in your hand which should go away; squeezing a ball or making a fist repeatedly will help with this. In time, the swelling will go away.

## DISCOMFORT

You may need help with your daily activities, so it is a good idea to have family and friends around to help you. You will have some mild to moderate shoulder discomfort. Please take your pills as told by your doctor and remember to use your cooling device to help reduce pain. If you have pain that your pain pills do not take care of, please contact your doctor's office.

## NAUSEA AND VOMITING

It is common to have nausea and/or vomiting for the first 24 hours after surgery. Please contact your doctor's office about any nausea/vomiting that does not go away. You may eat whatever you wish, however, it is suggested that you start with fluids and bland food before moving to your regular diet.