



ORTHOPAEDIC ASSOCIATES

of Wisconsin

There is a Difference.

Christopher M. Kilian, M.D.

SHOULDER CONTRACTURE RELEASE DISCHARGE INSTRUCTIONS

- PAIN:** You will be given a prescription for pain medicine and a muscle relaxant if appropriate. Have these filled at your local pharmacy or where your insurance plan has made arrangements. Take these medications as prescribed. Do not combine the medications that we prescribe with any other pain medications or muscle relaxants. Do not drive while taking the pain medications. Do not drink alcoholic beverages while taking pain medication. Pain medication can sometimes cause constipation. We recommend over-the-counter medications from your nearest pharmacy to treat constipation.
- NAUSEA:** It is not unexpected to have nausea and sometimes vomiting as a side effect of anesthesia. You will be given a prescription to help the nausea. Take the anti-nausea medicine every 6 hours if needed. Slowly resume your regular diet.
- ACTIVITY:** Do not wear a sling. Use your arm as much as possible. Try to keep your elbow as far from your body as possible. Physical therapy exercises are very important after contracture release and should start immediately after surgery. The exercises will prevent the scar tissue from returning. You may use your arm for whatever movements and activities you desire. Pain should be your guide. If an activity is not painful go ahead and use your shoulder as naturally as possible. If you have a **CPM (continuous passive motion)** device, use daily as instructed. Attempt to increase setting with each use, as much as you comfortably can, unless directed otherwise. (some large tears are treated by leaving the CPM on the original settings for 2-6 weeks)
- SLING:** A sling is NOT necessary to support the arm after the first 1-2 days after surgery.
- ICE PACK** You should place an ice pack up to 1 hour, four times a day for 3 days after surgery. Place a towel between the ice pack and the skin so the ice pack is not directly touching the skin. The ice pack will help reduce swelling and pain.

WOUNDS: Remove your bandage at home 3 days after surgery. There is no need to apply additional bandages as long as the wounds are dry. There will be steri-strips (like band-aides against the skin) covering up each incision site and they may have a small amount of dried blood on them. Keep the steri-strips in place for 10-14 days – they will eventually peel off in the shower. The incisions may be sore, swell and develop bruising over the next several days. This will go away and no special care is needed.

BATHING: It is safe to take a shower 3 days after surgery. Do not scrub the incision sites just allow water to run over them. Your hand and forearm skin may be dry and peel due to the strong disinfectant soap we use at the time of surgery.

PRECAUTIONS: If you have a temperature greater than 101.5 degrees, severe pain, or redness in your shoulder, please contact the office.

FOLLOW-UP: If you do not have a **postoperative appointment** scheduled, call (262) 303-5144 to make an appointment for 2 weeks after your surgery date. You will receive a prescription for physical therapy, if it has not already been scheduled.