

## Dr. Mohit N. Gilotra, Initial Post op Instructions

**You will receive more specific and formal post operative instructions after surgery. Below are general guidelines.**

**Diet: May resume a regular diet as tolerated tonight.**

**Dressing/ Bathing instructions.** Small strips of surgical tape over the incision can stay in place until they fall off on their own.

### Shoulder surgery

- Shoulder arthroscopy: Remove dressing and shower on post operative day 2. May change dressing daily and keep dry for 5 days. No dressing required after five days.
- Open Shoulder Surgery, Aquacell Dressing: May shower right away on water proof dressing. Keep this dressing on for 5 days. May remove after 5 days and no further dressing is necessary.

### Elbow Surgery

- Keep Splint On and Dry until 1<sup>st</sup> postoperative visit. May shower with splint covered in plastic bag.
- Keep Acewrap on elbow dry. May shower with elbow acewrap covered in plastic bag. Can remove acewrap after 5 days and continue to shower. No need to change dressing after 5 days.

### **Exercises/ Weightbearing**

- Non weightbearing on extremity
- May Bear Weight as tolerated on extremity
- Stay in your splint until 1<sup>st</sup> postoperative visit
- May come out of the sling to let your elbow hang to the ground and to move your hand/wrist. Otherwise don't move your shoulder.
- May complete passive motion exercises as attached
- Move your arm immediately in all directions without restriction
- Start Physical Therapy as soon as possible, See Attached Prescriptions

- Outpatient Physical therapy will start after the 1<sup>st</sup> postoperative visit

### **Ice – A few hours a day especially in the evening.**

- If insurance covers iceman device, use on all procedures. Don't let iceman touch skin directly, keep towel in between iceman and skin at all times.
- If insurance does not cover, can use icepacks instead. Same precautions as an iceman still apply, use a towel between skin and icepack.

### **Sleep**

- For a few weeks after shoulder surgery, you may find it easier to sleep in a recliner or with your head elevated on multiple pillows.
- May sleep in any position as tolerated. Elevate extremity on several pillows above your heart as many hours a day as possible

### **Medications**

- Take pain medications as directed. Start medicines right away even before the nerve block wears off. Can take Ibuprofen 800 mg three times a day with meals if approved by your doctor. May start regularly prescribed medications tonight.
- Take anti-nausea medications only as needed.
- Take Aspirin 81 mg BID to prevent blood clots only for open surgery

### **Post op visit**

Follow up in one to two weeks

- Telemedicine OR in person

### **Worrisome signs to call sooner are**

- Severe excessive pain that cannot be controlled
- Fever greater than 101.5
- Any drainage from the dressing after 5 days

**Contact:** Dr. Mohit N. Gilotra's office – 443-462-5903

**Fax:** 410-328-0534

**After 4 p.m. or weekends** - 410-448-6400 or 443-955-2626 - ask for Resident on call