

MR #

Case ID #

DOS

Patient Name

DOB

Age

Sex

Surgeon

Operative Procedure Same

Doctor:

If you experience problems that you feel warrant the attention of a physician and cannot reach your surgeon through his / her office number, please call Bozeman Deaconess Hospital at 406-585-5000 to have the surgeon on call pages or go to the nearest emergency room. In the event of an extreme emergency please dial 911.

Activity:

- Rest quietly for the remainder of the day
- To reduce swelling and discomfort elevate arm / hand at or above the heart (on 2-3 pillows) for 2 days
- To reduce swelling and discomfort stay upright in recliner or propped up in bed for 2 days
- Splint, cast, sling, immobilizer as indicated
- You should have someone with you for the first 24 hours after you return home. It is not unusual to feel tired or drowsy the day after surgery. You may also experience mild headaches, muscle aches, sore throat or slight nausea after surgery. These symptoms should resolve in a day or two.
- You may not drive for 24 hours after anesthesia, any time you are taking narcotic pain medications, or while wearing a sling / immobilizer. You should not operate machinery or make important decisions during this time.

- Over the counter Ibuprofen as directed on the bottle
*Exceptions: please do Not use ibuprofen if you have any history of bleeding ulcers.
- Aleve as directed on the bottle
- To prevent constipation caused by narcotics it is highly recommended that you take a stool softener (Miralax, Colace), available over the counter, every day you are on narcotics and until bowel habits return to normal.

Wound Care:

- Ice the operative site for 20 minutes out of every hour while awake for the next 3 days. To prevent frostbite use a cloth barrier between the skin and ice.
- Use Iceman device at all times for next 10 days. To prevent frostbite use a cloth barrier between the skin and iceman pad.
- Keep dressing clean, dry and intact
- Leave dressing on until your first office visit after surgery
- You may remove your dressing on
Date:
- You may shower with a plastic bag covering the dressing
- You may shower after the dressing is removed. No soaking surgical site in bathtub, hot tub, or pool

Medications:

Get all prescriptions filled and take as directed. Always take pain medications with food and plenty of water.

Prescription given

You may resume your regular medications.

Exceptions: _____

For uncontrolled pain after surgery you may supplement with:

- Over the counter Tylenol / Acetaminophen as directed on the bottle.

*Exceptions: please do NOT take additional Tylenol if you are taking Hydrocodone.

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Diet:

- For today eat lightly, increase your diet as tolerated. Drink plenty of fluids and increase fiber intake to help avoid constipation.
- You should not drink any alcoholic beverages for the next 24 hours or while taking narcotic pain medication.

*** Follow up with your physician's office as instructed**

Notify MD / PA if you experience:

1. Severe pain unrelieved by medication
 2. Persistent nausea and vomiting
 3. Excessive bleeding (bright red blood that saturates your dressing)
 4. A fever over 102°
 5. Shortness of breath
 6. Signs of infection at your incision site: redness, increased tenderness, foul odor or discharge
- Your shoulder / arm was blocked (numbed) to help decrease pain for up to 24 hours. Pain medications may take 30-60 minutes before they begin working so it is important to start them with your first meal when you get home. Once you start pain medication stay on a schedule through the night.

Remember you have no control over your blocked arm. Do not try to use it because you could unintentionally injure it or hit yourself. Your arm is numb so you will not feel heat, pressure or pain that normally would forewarn you of harm. Protect your arm until the block wears off completely.

Following shoulder / arm blocks it is not uncommon to have some eyelid droop and redness of the eye on the side of your block, unequal pupils, nasal congestion, and hoarseness for the duration of the block.

Notify the anesthesiologist on call through Bozeman Deaconess Hospital at (406) 585-5000 if you experience:

1. Difficulty breathing
2. Redness at the injection site
3. Persistent numbness or weakness in extremity 48 hours after surgery

The above discharge instructions have been received and understood by me.

Relationship

Date

Signature

RN signature

Date

Time