

Mr David Mitchell
Mobile: 0438 322 969

SHOULDER REPLACEMENT PATIENT INFORMATION

DISCHARGE INSTRUCTIONS

If you have any problems phone the consulting rooms in hours on **5332 2969**, St John of God ward on **5320 2140**, Ballarat Health Services on **5320 4640**, or out of hours phone David Mitchell on **0438 322 969**. If you are to see a nurse or another doctor prior to the appointment - show them this information sheet.

If you are discharged before 48 hours from surgery - the waterproof dressing will remain intact and a spare dressing provided. If the dressing needs changing, the best way to change it is to remove it in the shower, wash the area in the shower, pat it dry with a clean, fresh towel and apply the new dressing. If using tank water, apply a little antiseptic to the wound and allow it to dry. Put the new dressing on with your shoulder lifted away from your body a bit so the bottom inside corner doesn't stick to your chest wall, but the arm. Leave the dressing on until your appointment. If it is hard to see the wound properly-you will need help from a spouse or carer!

You will have a pain patch on your shoulder. You will have been sent home with a spare patch, **change the patch the Wednesday following surgery and leave this on until your review appointment. Try to keep the patch fairly dry in the shower.** If it becomes hot, it releases more drugs, and you may become lightheaded & drowsy. If you are a bit sore, rubbing the patch may provide enough extra drug to avoid taking tablets.

Your arm will be swollen & bruised. Using your hand will diminish the swelling by squeezing fluid back into the circulation. It is preferable to use the arm to help eat a meal, read a newspaper etc. Although a sling will have been used in the first 24 hours whilst the shoulder block caused the arm to be numb and flail, it is preferable to have it off as much as possible during daylight hours.

If you are troubled by **nausea and vomiting**- phone the consulting rooms in hours on **5332 2969**, St John of God ward on **5320 2140**, Ballarat Health Services on **5320 4640**, or out of hours phone David Mitchell on **0438 322 969**. Sometimes patients need to be readmitted if this occurs, but usually you will be instructed to stop one medication, and take an extra tablet to settle your stomach.

Constipation is a problem best avoided by eating plenty of fruit and walking frequently. Avoid Panadeine Forte, a common pain killer, although all pain killers can cause constipation. Prune or cloudy pear juice is a classic remedy and probably should be taken on day two (ie Saturday after a Thursday operation). If your bowels haven't worked within three days of surgery please seek advice from your local Pharmacy. If they still haven't worked the next day - contact your surgeon.

Checklist

Please check when you leave hospital you have:

Painkillers- Mobic
Panadol
Tramal
Norspan Patch

To minimise blood clots- Cartia (Aspirin 100mg)

A spare waterproof dressing (Opsite visible)

Alcoholic chlorhexidine antiseptic if using tank water

Access to ice packs (or frozen peas) when you get home

Medication Instructions

Take 1 cartia every day for six weeks.

Cease Mobic 3 weeks after surgery.

Take two panadol four times a day in the first four days, then only as required

Take Tramal if you are sore- try one the first time you use it. Up to two six times a day is possible, but rarely required.

Change Norspan patch Wednesday after surgery