

**Surgeon:** Mr Luke Spencer  
**Contact:** 03 5332 2969

## SHOULDER STABILISATION PATIENT INFORMATION

### OPERATIVE FINDINGS & PROCEDURE:

- The shoulder sling is only required for your comfort as necessary.
- You are allowed to do activities where you are lifting your arm without support
- Please organize an appointment with your physiotherapist prior to surgery to discuss post-operative management (Range of motion exercises). You should commence physiotherapy 3-4 days after surgery.
- For range of motion instructions - see operation report.
- You will be prescribed pain relief post operatively.
- Stronger pain relievers may also be prescribed- use this only if the other pain medication is not strong enough.
- For the 24 hours following surgery and whilst on stronger pain relievers, do not operate heavy machinery, engage in sports, heavy work or lifting, conduct responsible business, sign documents or engage in any task that requires a good deal of skill, co-ordination or judgment.
- Driving is not permitted until advised by Mr Spencer.
- Remove the outer dressing the day after surgery. Leave the underlying plastic waterproof dressings intact.