



DELAWARE ORTHOPAEDIC SPECIALISTS

## **Discharge Instructions**

### Proximal Humerus Fracture / Shoulder Dislocation

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use sling at all times, except for cleaning arm and exercises. Start pendulum exercises as instructed on 1<sup>st</sup> day after surgery. DO NOT do any active motion with arm or any lifting, carrying, pushing, or pulling with injured arm until cleared by surgeon. Move your elbow/forearm/wrist and fingers to keep these from becoming stiff.
- Pain:** Take the prescription pain medication as needed, you only get one script. Please contact the office at 302 655-9494 if your pain is uncontrolled. Unless you have liver disease, supplement with Tylenol (max 1000mg every 6 hours). Unless you have peptic or renal disease you may also use Ibuprofen.
- Ice:** Ice is an excellent source for pain relief, swelling and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302 655-9494, x1141 to schedule a follow up appointment for 2 weeks after surgery. Follow up occurs (typically) at 2 weeks, 2 months, 4 months and 6 months after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call (302) 655-9494 for assistance.
- Incision:** Your incision is closed with staples or sutures. These will be removed at the 2 week follow up.
- Dressing:** May remove dressings 3 days after surgery. Until dressing is removed, keep clean and dry. Once dressing is removed, you may shower with surgical site uncovered and replace a new clean dressing on the surgical site as needed.