

2011

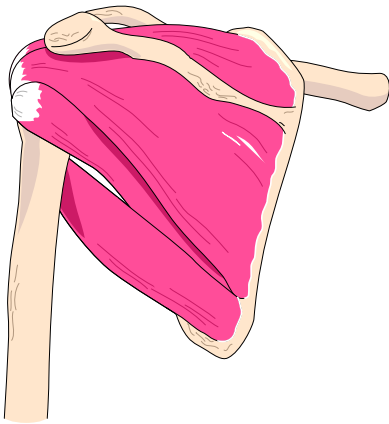
# Shoulder Surgery

# Type of Surgery

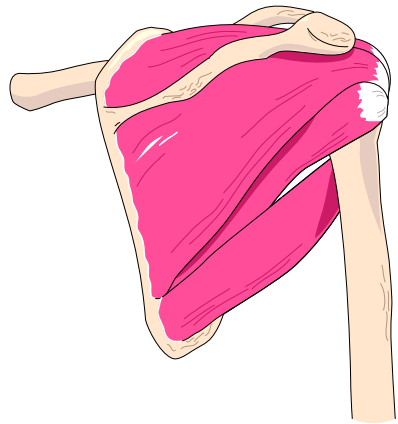
**Acromioplasty** A space is widened to take pressure off the rotator cuff tendons.

**Rotator Cuff Repair** The ends of the muscle and tendon are reattached to the arm bone.

Front View of Shoulder



Back View of Shoulder



## After Surgery

- Your surgery is done through our Day Surgery program.
- You will stay in the recovery room for 2 - 3 hours. You will then be moved to another post recovery room for about another 30 - 60minutes.
- Your nurse or doctor will let you know when it is safe to go home.

- Before you leave the hospital you will be given a:
  - follow-up appointment
  - prescription for pain pills
  - an instruction pamphlet on how to control your pain at home
- You will need to arrange for someone to drive you home from the hospital.
- Your doctor will tell you how long your arm is to be supported in a sling (usually it is from 1 - 4 weeks depending on the type of surgery).
- If your arm is in a sling, remove **as directed** by your doctor. You may need to do exercises at home – your doctor or physiotherapist will instruct you on this.
- Re-apply sling after exercising.
- Keep your appointment with your surgeon 1 - 2 weeks after surgery.
- Attend physiotherapy if specified by your doctor.
- Depending on your surgery, you may be off work 8 - 12 weeks. Your doctor will give you specific instructions.
- Your shoulder should be fully healed in 3 - 6 months.

### Call your doctor if you have:

- redness
- swelling
- drainage
- increasing pain.



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