

Your Shoulder Surgery

Anesthesia

- For most shoulder surgeries, you will have received a regional nerve block combined with light sedation. In rare cases you may require a general anesthetic. The nerve block will cause numbness in your shoulder and the length of your arm. The type of anaesthetic that you will receive will be discussed at your appointment with an anesthesiologist prior to your surgery. A regional nerve block can help with pain control for 12-20 hours following your surgery.



Postoperative Recovery

Initial Care:

- **Rest and immobilization:** Depending on the procedure performed, wearing the immobilizer or sling will be necessary for 3 to 6 weeks. Your arm must remain immobilized in a sling following your surgery. You must acquire the sling prior to your surgery. Your surgeon will provide you with a prescription for the sling.
- **Sleep:** Find a comfortable position that will allow you to sleep, without putting pressure on the operated area while wearing the sling.
- **Cryotherapy (Cold therapy):** To reduce swelling and control pain, apply ice (limit to 15-20 minutes per hour while the shoulder is numb) several times per day, as needed. Using ice regularly can greatly reduce the need for pain medication.
- **Pain management:** In addition to cryotherapy, pain relief options may include prescription medications and over-the-counter pain relievers from the pharmacy.
- **Follow-up appointments:** Schedule and attend follow-up appointments to monitor your recovery. Your follow up with the surgeon will be at approximately 3 weeks after your surgery. Be sure to call 613-746-6745 if you have not given an appointment by this time.

Rehabilitation

- **Exercises:** You can begin the exercises on the sheet "Exercises following your shoulder surgery". These exercises are available on the Hôpital Montfort website (montfort.ca/en/orthosurgery).

- **Physiotherapy:** Begin physiotherapy as indicated, usually 2 to 4 weeks after surgery. The focus will be on restoring range of motion, strength and function. You can choose to have physiotherapy in a private clinic of your choice or at Montfort. If you would like to come to Montfort, please advise the nursing staff when you come in for your surgery. If you have questions about your physiotherapy, please call 613-746-4621 ext 4105.

Important Tips

- **Diet and Hydration:** Maintain a healthy diet and stay hydrated to support healing.
- **Signs of complications:** Watch for signs of infection (severe redness, swelling and/or unusual discharge) or unusual pain. Contact your doctor at 613-746-6745 if this happens.
- **Patience:** Recovery can take several weeks to months. Carefully follow the instructions provided by your doctor and healthcare team.
- **We recommend you consult our website :** montfort.ca/en/orthosurgery
You will find the restrictions specific to your surgery, the exercise sheet and instructional videos.

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