



Krishan Rajaratnam Medicine Professional Corporation

Krishan Rajaratnam BSc, MD, FRCSC

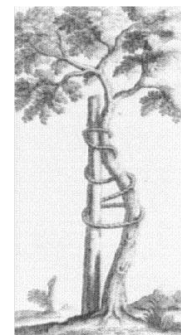
Orthopaedic Surgeon

Specializing in Upper Extremity and Joint Reconstruction

Hamilton Health Sciences

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POST - OP SHOULDER ARTHROSCOPY / CUFF REPAIR

What You Do

- Leave outer white dressing on and dry **for 48 hours** then remove it **AND** the PAIN PUMP (**including** the wire in the skin) – (Note: not everyone will have a pain pump)
- Keep the plastic waterproof dressing (underneath the white dressing) on UNTIL you see me in the FRACTURE CLINIC (near the Emergency Department on the ground floor -follow the signs)
- Your follow-up appointment will be on the first MONDAY **15 days AFTER** your surgery
- You will have to **call the Fracture Clinic Booking Office** at 905 527 4322 ext 75665 to make the appointment
- If the line is busy, **keep trying**. Zoryana (my secretary) will **NOT** be able to make this for you
- You have **absorbable sutures** the kind that don't need to come out
- Fill your **prescriptions** immediately: take the Percocet for the first 48 hours then the Tylenol # 3 as needed (you may also take over the counter anti-inflammatory like Naprosyn, Ibuprofen, Advil etc 2 hours after the pain pills)
- Use ice as needed
- Begin **physiotherapy** as soon as you can (I have given you a prescription)
- When **NOT** at physiotherapy, you **MUST** remove your arm from your sling **5 times a day** and do pendulum exercises, a separate 5 times a day will involve passive stretching exercises with you lying down and getting your arm above your head - shown to you before your surgery

If you have any questions, concerns, or problems (ie suddenly increased pain, fever, chills, night sweats, foul smelling discharge from your surgical site) please call my office at 905 526-8430 or **after hours** call the hospital switchboard at 905 527 4322, ext. **46311** and page the orthopedic resident on-call. Failing this you may contact your family doctor or as a last resort for urgent problems, you can go to the nearest Emergency Department.

Frequently Asked Questions

When can I shower?

- After **2 days** (after you take off the outer white dressing) Then you must keep the waterproof dressing on until you see me. You may reinforce it with a dry dressing (gauze) if you wish.

What do I do with my sling?

- Use your sling for comfort. Keep it on for 3 weeks (including sleeping) EXCEPT to exercise (pendulums and the "sign of the cross"). Remember – you CANNOT drive with a sling on. You run the risk of being charged with careless driving if you are stopped by police.

What do I do for prescription repeats?

- Call my office if needed - I will usually repeat prescriptions if needed when I see you in the Fracture Clinic. Generally I will only write prescriptions for the first 6 weeks - after that I would like you to get prescriptions from your family doctor.

- Please anticipate when the medication will run out, as I am not in the office every day to re-order your medication. I can usually accommodate you promptly if I get 48 hours notice.