

YOUR SHOULDER SURGERY

Now that your shoulder surgery is booked, we are sure that you have a number of questions. Here is some information on what you should expect.

ON THE DAY OF SURGERY

- You need to be at the hospital reception by 06h00 (unless stated otherwise)
- You will be admitted to the Orthopaedic Ward where the nursing sisters will show you to your bed. They will then take your blood pressure and personal and surgical history.
- Dr Haynes will see you prior to surgery and he will confirm which shoulder is being operated on and the arm will be marked with an arrow.
- You will be given your hospital gown and the relevant shoulder will be painted with Iodine (If you are allergic to Iodine or shellfish, please will you inform us).
- You will then be taken down to the Operating Theatre and will wait in the admissions area.

POST-OPERATIVELY

- You will be taken back to the ward following your operation where you will be seen by Dr Haynes during the course of the day.
- Most patients spend at least one night in hospital following the surgery.
- Prior to discharge, your dressing may be changed by the nursing sisters (this may not be necessary).
- You will be prescribed painkillers and anti-inflammatories to take home (TTO's). We strongly advise taking them, as prescribed, for the first week following surgery. They do not only assist with pain, but also help prevent inflammation.
- Icing of the affected shoulder with an ice pack helps reduce pain and inflammation.
- The physiotherapist will come and see you in the ward and will give you a set of exercises to do at home.
- Your follow-up appointment date will be given to you by the ward. If you do not receive a follow-up appointment date please call the rooms.
- You will be fitted with a sling prior to discharge. Please wear the sling as prescribed by Dr Haynes.

AT HOME

- Leave the dressings on and keep them dry. If the dressing is peeling off, you may apply another waterproof dressing to the wound.
- Stay in your sling. It is a very important part of your recovery. You can come out of the sling approximately three times a day to stretch your elbow and to do your exercises.
- Do your exercises. The exercises from the start play a very important role in your rehabilitation and recovery.
- As mentioned post-operatively, please make sure that you take the medication prescribed.
- Please do not lift anything heavier than a cup of coffee with the affected arm.

WHEN TO CALL THE DOCTOR

- If you are at all worried about anything post-operatively, please just give us a call.
- If you have a fever of 37.8° or more.
- If the pain has gotten worse.
- If there is redness surrounding the wound, accompanied with pain.
- Numbness after you have been discharged from hospital.

SOME IMPORTANT CONTACT NUMBERS

- Dr Haynes – 031 492 1240
- Gateway Hospital – 031 492 1130
- Ward C (Orthopaedic Ward) – 031 492 1228
- Anaesthetists (Drs Eddington & Partners) – 031 202 6892

***ALL THE BEST FOR YOUR UPCOMING SURGERY
AND WE WISH YOU A SPEEDY RECOVERY.***