



**DR. SCOTT FISCHER'S POST OPERATIVE PATIENT INFORMATION
FOR SHOULDER FRACTURE REPAIR SURGERY**

An incision was made on your shoulder and then the fractured bone was restored to as close to normal anatomy as possible. The improved allignment of the fractured bony pieces was then secured with a plate and screws as well as sutures where needed. It is normal for swelling to develop and bruising to occur at the surgical site and in the entire arm.

BANDAGES: The bandage applied to your incisions may become bloodstained; however this is normal and results from minor drainage after the surgery. Keep this dressing in place until your first appointment in my office. You may shower before then but place plastic over the bandage and keep the shoulder out of the direct spray from the shower head to keep it dry. Do not soak or submerge the joint (such as in a bath or spa) until you have seen me in the office one week postoperative. The bandage does not need to be changed unless it becomes quite soiled or wet. **Do not remove the tapes** overlying your incision. It is normal to have some swelling, drainage and minor redness at the incisions.

ACTIVITY: During the daytime, take your arm out of the sling and move it as much as you comfortably tolerate at the elbow, wrist and hand to prevent stiffness. Use your sling to support the arm when it feels sore or tired and when you go out of the house socially. Wear your sling at night when sleeping to protect your repair and to prevent you from rolling onto your shoulder during your sleep. When sitting up in a chair during the day, you may remove your arm from the sling and lay it in your lap or at your side. Do not use the arm we repaired to lift, carry, push or pull anything as this may tear or detach the muscles and tendons repaired during your surgery. Please continue to perform the gentle range of motion exercises the hospital physical therapist taught you – you should do them three times each day to help prevent stiffness. If you find it uncomfortable to lie supine for sleep after surgery, it may be more comfortable to sleep in a recliner chair or on a sofa or you may prop yourself up in bed with pillows in a “recliner chair” position.

PAIN CONTROL: Your shoulder will be uncomfortable after your surgery, To reduce this pain, a local anesthetic has been injected into your shoulder which may also produce some temporary numbness in your shoulder or arm. You have been provided with medication for pain relief; use it as instructed and please take it with food to avoid stomach upset. If the medication gives inadequate relief or you run out, please call my office during office hours. During your post-operative recovery, please keep track of how much pain medication you have remaining to ensure that you have sufficient medication for any upcoming weekends or holidays as prescriptions are not renewed on weekends.

PRECAUTIONS: If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than expected, or if you develop severe redness and swelling, please call my office. (In most cases there is some redness and swelling about the incisions, but I am referring to more than you would expect.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sunlight on the incisions until the scars are no longer red.

It is appropriate to remind you that, you have had a major operative procedure within your shoulder joint. Complete healing and recovery will take at least four to six months. A graduated rehabilitation program will be initiated after your first postoperative office visit. I will supervise and modify this program as necessary based upon your individual rate of healing and recovery.

Thank you for trusting me to provide your medical care for your shoulder disorder. If you have suggestions on how I might improve your recovery, please discuss this with me at our office appointment.

A handwritten signature in black ink that reads "Scott Fischer MD". The signature is written in a cursive style.