



## **Fixation of Shoulder Fracture Post Operative Instructions**

**Gavin Anthony Nimon**

M.B.,B.S. F.R.A.C.S. (Orth) F.R.C.S (Ed)

Consultant Orthopaedic Surgeon

Specialising in Shoulders, Hands, Knees and Sports Injuries

Glenelg Orthopaedics

47 Broadway

Glenelg South 5045

Ph 8376 9988

Web <http://www.glen-orth.com>

Fax 8219 0046

A/H 8378 2179

**discharges, please contact me ASAP- 8376 9988 or after hours pager available on 8378 2179.**

### **FIXATION OF SHOULDER FRACTURE POST OPERATIVE INSTRUCTIONS**

- 5 I will review you at about 2 weeks after surgery, at which time any more specific questions can be answered. If however there are any specific concerns prior, please don't hesitate to contact me on 8376 9988.

1. Note a sling will be applied in theatre which will encircle your body. This is to be left on at all times and will only be removed by the physio, who will show you how to do exercises. He/ She may change the sling for a more comfortable one on discharge. There will be a large wound pad covering smaller dressings, this will be removed approximately 12 hours after surgery. Wound is to be kept dry until 5-7 days after surgery.
2. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 12 days after surgery for removal of sutures.
3. Physiotherapist usually to see patient prior to discharge, and your regular physiotherapist will need to see you 2 weeks after discharge. In the meantime you will need to bend and straighten your elbow to prevent stiffness.
4. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, shoulder swells or redness or fluid**