



**DR L. ANDREW ASHTON**

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

## POST OPERATIVE INFORMATION

# Shoulder Surgery

### Normal Symptoms:

- Discomfort in shoulder
- Mild Swelling
- Bruising

### The following symptoms are **NOT** normal:

- Prolonged vomiting
- Excessive bleeding
- Redness around the incision
- Fever or chills
- Increasing swelling or numbness

If you experience any of the above symptoms you should seek medical advice. Please contact your nearest Emergency Department.

### Diet:

Normal healthy diet as tolerated.

### Activity:

- Walking for exercise.
- Must wear sling for the next six weeks until reviewed by Doctor.
- No heavy lifting.

### Medications:

- If you have any pain or swelling put ice on your shoulder and rest.
- You may use oral analgesia (eg Panadol) as required.

### Driving:

No driving until instructed by Doctor.

### Dressings / Wound care:

- Wash and pat wounds dry carefully.
- Leave the dressing in place until seen by Doctor.

### Hygiene:

- You may shower as desired.

### Legal requirements following an anaesthetic or sedation:

For a 24 hour period you are **NOT** allowed to:

- Drive a car as directed by Doctor
- Operate machinery
- Drink alcohol
- Sign any legal or important documents.

### Follow-up Appointment





**DR L. ANDREW ASHTON**

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

E [secretary@oso.com.au](mailto:secretary@oso.com.au) T 0263 601 500  
309 Anson Street, Orange NSW 2800  
PO Box 8136, East Orange 2800  
[www.orthopaedicsurgeonorange.com.au](http://www.orthopaedicsurgeonorange.com.au)

PROVIDER NO. 204803DF  
ABN 13371125435