



**Eric Stuffmann M.D.**  
**Webster Orthopedics**

Appointment Scheduling Line or for Postoperative Concerns: 800-943-8099

**DISCHARGE INSTRUCTIONS FOR SHOULDER SURGERY**

**Diet:** Light diet today. Resume regular diet tomorrow as tolerated.

**Medications:** Resume your regular medications as prescribed.  
Take your pain medication as prescribed.

**Activity:** Rest shoulder until you see your doctor in 2-5 days.  
Use sling or brace as directed.  
Limit the use of the arm until instructed by your doctor.

**Dressing:** Keep shoulder dressing dry and in place.  
Cooling pad at 45-55 degrees F. Use for your comfort.  
Always use protective barrier between device and skin to prevent skin burns.  
Inspect skin every 1-2 hours  
If the machine is noisy at night, it may be discontinued.  
If not using Polar Unit- use ice to the shoulder for comfort. Minimum-2 days.

**Special Instructions:** Since you were given medication today, do not drink alcohol  
Beverages or drive a car for 24 hours.

**Call your doctor if:**

- a. There is continuous bleeding through your dressing
- b. Temperature over 101 degrees
- c. Excessive pain not controlled by pain medication
- d. Itching or rash over body
- e. Nausea or vomiting
- f. Numbness or tingling in affected hand/finger that persists after block has worn off

**Further Instructions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Follow-Up Appointment:** \_\_\_\_\_

**Patients Signature:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_