

DR JASON CRANE

ORTHOPAEDIC SURGEON



MBChB, MMed, FC Orth (SA)
Practice No: 0280000324183

SHOULDER SURGERY

You have just undergone major joint surgery, it is usual for you to experience some pain or discomfort. Take your prescribed pain killers regularly before the onset of pain. If the pain is severe and is not relieved by strong pain killers, then please phone myself or the emergency department.

After your operation you will experience swelling, the area will look bruised and there may be a small amount of blood on the wound dressing. Do not take off the dressing and do not get the dressing wet. If you are concerned about extensive bleeding or a wet dressing please contact your GP or emergency department to change the dressing for you.

Please apply the ice pack that you have received onto the wound for 20 minutes every hour. The physiotherapist will discuss all the do's and don'ts with you as well as help you modify your activities of daily living.

You have been given a sling, please wear this all the time except when bathing/showering. You can start slow pendulous movements of the shoulder but avoid elevation of the arm and external rotation.

You have been given a follow up appointment between 10 and 14 days after the operation, at this time I will remove the dressing, check the wounds and if indicated send you for a follow up x-ray.

Room 2012 Cape Town Medi-Clinic • 21 Hof Street Oranjezicht 8001

T +27 21 426 2233 F +27 21 426 6677 C +27 84 403 3617

E-mail: orthopaedics1@telkomsa.net www.capetownorthopaedic.co.za
