

Shoulder surgery

Depending on the procedure, recovery from shoulder surgery usually takes 4 weeks to 3 months. Arthroscopic shoulder surgery is performed under brachial plexus blockade and general anaesthesia. The anaesthesia will cause hand strength and function to weaken for several hours, possibly until the following morning. Three to six small incisions will be made in the shoulder area.

Wound care

The gauze bandages may be removed and the incisions may get wet 3 days after surgery. If the bandages get dirty or wet before this, replace them with clean ones. Wash your hands before handling the bandages. Do not use soap or rub the incisions. Dry the wound area carefully by pressing it gently. Make an appointment with a nurse to have the stitches removed.

Going to the sauna is allowed after stitches have been removed when there is no exudate from the incisions and they remain closed.

Pain management

The purpose of the brachial plexus blockade is to keep pain under control, and the effect lasts for several hours. Swelling and pain after the operation may also be reduced by applying an ice pack to the shoulder for 10–15 minutes at a time about every 2–3 hours and by using a pillow while resting to help with correct positioning of the shoulder. The doctor will give you a prescription for painkillers. Regular use of painkillers after the procedure promotes recovery and enables you to follow the rehabilitation programme advised by the physiotherapist.

Rehabilitation

After the procedure, your arm will be put in a sling. You will be given separate instructions on how to use the sling. The length of time you need to wear the sling depends on the procedure.

You will start doing active finger and wrist exercises immediately after the operation. The physiotherapist will give you separate instructions on hand and arm rehabilitation. If you need more detailed instructions on rehabilitation exercises, call the physiotherapist at the Surgical Outpatient Clinic on the weekday following your procedure, phonenumber 044 707 9834.

Follow-up appointment

If necessary, you will have a follow-up appointment with an orthopaedic surgeon or/and physiotherapist.

Sick leave

The doctor will write a sick leave certificate for you. The length of sick leave is determined individually depending on the type of procedure.

Please get in touch if

- you have increasing pain, redness, swelling or warmth in the wound area
- there is bleeding or other exudate from the incisions
- you have a fever above 38°C

Contact information

Surgical ward 2

Phone 02 627 6450

Satasairaala, Satakunta Hospital District

Customer service tel 02 627 71

[For Satasairaalas´ website, go to www.satasairaala.fi](http://www.satasairaala.fi)