



## **DR. HWANG POST OPERATIVE SHOULDER SURGERY INSTRUCTIONS**

You have just undergone surgery by Dr. Hwang. A special waterproof dressing has been placed on your shoulder so that you may take a shower the day after the surgery. You may use the ice to reduce the swelling and pain. We recommend the use of an ice pack once the block wears off and you have feeling in your shoulder. Apply the ice pack with a towel between the dressing and the ice pack directly over the surgical dressing every 6 hours for 20 minutes as needed. Please do not remove the dressing until returning to the clinic. The day before the surgery most patients will be seen by our staff to be shown a home exercise protocol and to learn how to apply the brace and sling properly. Post-operatively you may move your fingers and wrist, but do not use the hand. Do not drive until cleared by Dr. Hwang or his staff and all narcotic pain medication has been discontinued. Please refer to Dr. Hwang's website ([drjhwang.com](http://drjhwang.com)) for specific instructions regarding the type of surgery you had performed

You may experience some temporary numbness in your hand or arm, but there should be very little if any bleeding. If you had the extremity nerve block for the surgery, this may last until the next day. You may use prescribed narcotic pain medication for pain control if necessary. In general, we recommend also using over the counter non-narcotic pain medication such as Tylenol as needed. Dr. Hwang follows the Washington state guidelines when prescribing the narcotic pain medications.

You were given a post operative appointment date and time prior to surgery. If you cannot locate it, please contact our office at 509-454-8888.

At your first appointment following surgery, you will be seen by Dr. Hwang or his mid-level provider (physician assistant or nurse practitioner). Your dressing and sutures are usually removed at this time however, sometimes there is a need for them to stay in place longer.

If you have any problems other than normal post-operative discomfort, please do not hesitate to call our office. If you call after hours, a message will direct you to our answering service. These might include active bleeding through the bandage, drainage from the wound, an elevated temperature, or an extreme increase in pain.

Dr Hwang and his staff are committed to having your surgery to be as successful as possible.