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INFORMATION FOR WARDS

PATIENT INFORMATION:

- All patients are given a booklet titled “**Shoulderdoc Shoulder Surgery Booklet**” by Len Funk when listed for the operation and the applicable, relevant sections highlighted.
- They are told to bring the booklet to hospital on admission
- The information is also all available on www.shoulderdoc.co.uk

WOUNDS:

Arthroscopic:

- Remove nappy and change mepore dressings to clean, waterproof dressings just prior to discharge home.
- Please give patients some additional waterproof dressings and instruct on how to change them themselves
- There are no sutures to remove

Open surgery:

- All wounds are closed with an absorbable monocryl suture, which does not require removal
- If the dressings are oozy, please change under aseptic conditions on ward prior to discharge
- Please give patients some additional waterproof dressings and instruct on how to change them themselves
- Sutures do not require removal, they will be trimmed at the follow up appointment

PHYSIOTHERAPY:

- All patients will return to the ward with a customized rehabilitation protocol for that patient, with the operation records
- All patients **MUST** be seen by a physiotherapist post-operatively, prior to discharge
- All patients must see their own local therapist **one week** after surgery.
- All shoulder patients must be shown the ‘Post-op’ exercises from Shoulderdoc.co.uk - <http://www.shoulderdoc.co.uk/article.asp?article=540§ion=206>
- Most patients will have a booklet for their physiotherapy called “Shoulderdoc Shoulder Exercise Booklet”, which they will use in conjunction with the rehab protocol and their physiotherapist.

PAIN CONTROL:

- Patients should have had a regional nerve block and will have little discomfort.
- It is essential that they have regular NSAIDs plus codeine and paracetamol (or tramadol) to take home. This should be prescribed by the anaesthetist (or RMO).
- They **MUST** start taking the oral analgesia **BEFORE** the block wears off (i.e. <12 hours after surgery)

FOLLOW-UP:

- Patients will automatically be sent a follow-up appointment with Mr Funk for approximately 3 weeks post-op. You do not need to arrange this.
- Should they have any queries, please redirect them to Will Tatlow on **0161 227 0027** or email will.tatlow@shoulderdoc.co.uk
- Any urgent queries can be directed to **Linda Hallam, Assistant Surgical Practitioner**, on **07554 056212**