



333 South Kirkwood Road, Suite 200  
Kirkwood, MO 63122  
Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

**Nathan A. Mall, MD**

**Collin Magilligan, NP**

## **POSTOPERATIVE INSTRUCTIONS**

### **Shoulder Manipulation**

#### **WHAT IS NORMAL?**

- Some nausea and/or vomiting is normal after general anesthesia. We try to minimize this by giving anti-nausea medications, and having the anesthesiologists use certain medications, but it is often unavoidable in some people. If this persists for greater than 24 hours please alert our office.
  - We provide everyone with a prescription for an anti-nausea medication. This is a relatively expensive prescription, so we recommend not filling the prescription unless nausea becomes a persistent problem.
- A sudden increase in pain is common when the numbing medication wears off. This typically occurs anywhere between 6 and 24 hours after the surgery. It is impossible to predict because everyone's body metabolizes the medication differently.
  - We recommend taking some pain medication even when you are relatively comfortable as once the block or numbing medicine wears off it takes a long time to catch up to the pain. If you have some pain medicine in your system it is easier to get ahead of the pain.
  - If you have also been given an anti-itch/anti-anxiety medication (hydroxyzine). This is an adjunct to the pain medication and often helps it work better in your body.
- A fever in the first 1-2 days after surgery is common. This is related to collapse of some of the small air sacs in the lungs which triggers a fever response. The best treatment for this is deep breathing and coughing. If the fever persists beyond 48 hours after surgery or is more than 102 degrees, please call our office.

#### **DIET**

- Begin with clear liquids and light foods (jellies, soups, etc.)
- Progress to your normal diet if you are not nauseated

#### **WOUND CARE**

- It is normal to bleed and swell following surgery



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- Remove surgical dressing on the second post-operative day – if minimal drainage is present, apply band-aids or a clean dressing over incisions and change daily – you may then shave as long as the wounds remain sealed with the band-aid. Or leave on surgical steri-strips if applied.
- To avoid infection, keep surgical incisions clean and dry

#### MEDICATIONS

- Pain medication is injected into the wound and knee joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting more than what is described as normal in the first section of this document, contact the office to possibly have your medication changed (call 314-336-2555 or 314-995-0891)
- Ibuprofen (i.e. Advil) or naproxen (i.e. Aleve) may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage.
  - Check with your primary care doctor if you are unsure if you can take anti-inflammatory medications
- If you have been prescribed a medication called Mobic/meloxicam, Toradol or ketorolac, do not take additional anti-inflammatory medications such as ibuprofen or naproxen.
- As the days progress following surgery, you can begin weaning yourself off the pain medications. Typically, patients will require pain medications every 4 hours for the first 3-4 days and then can begin spreading this out longer and longer. Pain medication is typically used at night for at least the first week.
- Dr. Mall has a strict policy regarding narcotic pain medication. If you still require narcotic pain medication 4 weeks after surgery you will likely be referred to a pain management physician to assist you in weaning from the medication or to your primary care physician.

#### ICE THERAPY

- Begin immediately after surgery



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- Use icing machine continuously or ice packs (if machine not purchased) every 2 hours for 20 minutes at a time every day until your first post-operative visit

#### EXERCISE

- Begin exercises 24 hours after surgery
- Discomfort and stiffness is normal for a few days following surgery – it is safe, and, in fact, preferable to move your extremity-joints don't like to be immobile
- Complete exercises 3-4 times daily until your first post-operative visit. Your motion. Goals are to have complete extension (straightening) and 90° of flexion (bending) at your first postoperative visit, unless otherwise instructed.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon)
- Formal physical therapy (PT) will begin as soon as possible.

#### EMERGENCIES\*\*

- Contact Dr. Mall or his nurse practitioner, Kelly 314-336-2555 (business hours) or at 314-995-0891 (after hours) if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 102° - it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in ankle/foot
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting (more than described above)
- \*\*If you have an emergency after office hours or on the weekend, contact our exchange (314-995-0891) and you will be connected to our page service – they will contact Dr. Mall
- \*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

#### FOLLOW-UP CARE/QUESTIONS

- Dr. Mall or Kelly will speak with your family member after your surgery. You may not remember talking with Dr. Mall after your surgery.
- If you have additional questions that arise at any time, or for any non-emergent questions or concerns email us at [mallteam@toc-stl.com](mailto:mallteam@toc-stl.com)



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- If you do not have access to e-mail, please call Dr. Mall or Kelly directly at 314-336-2555 (business hours) or 314-995-0891 (after hours)
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours (314-336-2555) and ask for appointment scheduling. You will need to be seen between 8-14 days after surgery.