

Shoulder Bony Stabilization – Dr. McCormick

What to Expect After Shoulder Stabilization

Activity Restrictions

first 6 weeks you may use your hand for typing and writing
you may drive when out of sling – usually at 6 weeks post surgery - you must be able to react quickly so try it in an empty parking lot if unsure.

Surgical site care

keep your initial dressing dry
it is normal to notice some drainage/discoloration of the dressing
remove dressing after 3 days and apply supplied island dressings, do not remove tapes
you may shower with the island dressings on but do not scrub the area

Pain management

Rest wear the sling for 6 weeks
remove the sling 3 times per day to:
move your hand, wrist and elbow to keep these from getting stiff
do shoulder pendulum exercises
the screws holding your repaired bone are not strong enough to withstand the force of normal use

Ice 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Take pain medications as prescribed. If you have a reaction to the medications then call the office at 304.343.4691

Follow-up clinic visit

usually at 2 weeks after surgery
we will check your surgical site, review arthroscopic pictures and answer any questions you may have

When to call the office

reactions to medications
dressing discoloration spot greater than 4”
suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

0-6 weeks control pain, maintain some mobility through pendulum exercises
>6 weeks regain full range of motion
start strengthening with Physical Therapy
return to sport when equal strength and equal range of motion

www.mccormickortho.com for more information more educational videos and postoperative protocols