

Shoulder Surgery at PRHC

Passport to Recovery

Welcome to Peterborough Regional Health Centre

This booklet will help you on your path to recovery following surgery. Please read it, and bring it with you to all appointments, including your scheduled surgery date.

This book belongs to:

PRHC

Peterborough Regional
Health Centre

Guided by you · Doing it right · Depend on us
www.prhc.on.ca



SURGERY AT PRHC

WELCOME

This booklet was created by the Surgical team at Peterborough Regional Health Centre (PRHC). We are a team of specialists that includes surgeons, anesthesiologists and nurses, working together to provide you with the best care possible.

This booklet is provided to help you know and understand what is going to happen before, during, and after your surgery.

The information in this booklet is for educational purposes only, and is not intended to replace the advice of your surgeon. Please contact your surgeon if you have specific questions about your care.

Please read this booklet carefully and share this information with your family. We ask that you also bring this booklet to all of your appointments, take notes on any of these pages, and ask questions about anything you do not understand.

ACKNOWLEDGMENTS

We would like to acknowledge everyone who reviewed the content for this publication.

TABLE OF CONTENTS

PREPARING FOR SURGERY	5
Notes	4
My Surgery Appointments	5-7
Managing Medications	6-7
My Healthcare Team	8
Planning Ahead	9-10
Being Prepared	11-14
Things You Need to Know	15
The Role of Your Caregiver	16
Before Your Surgery	17-18
DAY OF SURGERY	19
Surgery Day Checklist	19
What to Expect	20
In The Operating Room	21
In the Recovery Room	22-23
Recovery After Surgery	24
SUPPORT AFTER SURGERY	25
Physiotherapy Post Surgery	25
Post Operative Instructions	28-31
Rehabilitation Instructions	32-35
Common Concerns	37-38
When to Call Your Surgeon	39
Patient Resources	40-45

MY SURGERY APPOINTMENTS

PATIENT NAME: _____

SURGEON NAME: _____

SURGEON PHONE: _____

TYPE OF SURGERY: _____

PRE-OPERATIVE CLINIC (BEFORE SURGERY)

DATE: _____ TIME: _____

Please go to **Central Registration** on Level 4 before proceeding to your appointment in Surgery & Outpatient Procedures (SOP) on Level 5.

Please note: *Not all patients need to be seen in the Pre-Operative (Pre-Op) Clinic. Some patients may receive a phone call to review pre-op information.*

PRE-OP TESTS (BEFORE SURGERY)

Blood work (PRHC Lab, Level 5)

Other: _____

If you have questions or you need to reschedule your Pre-Op Clinic appointment, please contact us at 705-743-2121 x. 5144.

SURGERY DAY

DATE: _____ TIME: _____

Please go to Central Registration Level 4 before proceeding to your appointment in Surgery & Outpatient Procedures (SOP) on Level 5.

If you are sick or need to cancel your surgery, please call your surgeon's office. Please provide at least three (3) working days notice if possible.

MEDICATION INSTRUCTIONS

Medication instructions

Please bring all of your prescription, over-the-counter and herbal medications in their original containers to this appointment. It is important for your healthcare team to know about any medications you are taking before your surgery.

Do not forget:

- Eye or ear drops
- Inhalers or nasal sprays
- Medicated patches or creams
- Injectable medications (i.e. insulin)
- Medication samples from your doctor
- Any medications you have recently stopped

Medications on the day of procedure

Medications to take on the day of your procedure are listed below. These may be taken with a small sip of water.

MEDICATION INSTRUCTIONS

If you are taking blood thinners or herbal supplements:

You may be asked to stop them a few days before your surgery.

Please note medications you are currently taking and when you last took them below.

NAME OF MEDICATION	DATE OF LAST DOSE

Special Instructions:

MY HEALTHCARE TEAM

The healthcare team will work together with you and your partners in care during this journey to ensure you know and understand what is going to happen before, during, and after your surgery, that you are able to ask any questions you might have, and to ensure you receive the best care possible.

ANESTHESIOLOGIST

The doctor who sedates or puts you into a calm state using medicine and monitors you during surgery.

BLOOD CONSERVATION NURSE

The nurse who helps reduce or avoid the need for a blood transfusion.

NURSES

Nurses will help look after you before, during and after your surgery.

PHARMACY TECHNICIAN

A healthcare professional who reviews and submits your medications with the pharmacy.

SURGEON

The doctor performing your surgery.

GENERAL INTERNAL MEDICINE

The doctor who may see you about specific health concerns that may not be related to your surgery but could be complicated by your surgery.

PLANNING AHEAD

It is important to be ready for your surgery, both physically and mentally. You and your healthcare team will work together to make sure your surgery goes smoothly.

In the weeks leading up to your surgery, there are a few things you can do in advance to help prepare for your surgery and your recovery:

If you smoke, try to quit at least six (6) weeks before surgery.

If you can't quit, then decrease the amount you smoke. Smoking can affect your body's ability to heal after surgery. Your primary healthcare provider can help with this.

Reduce your drinking.

We recommend that you decrease your intake or stop drinking alcohol four (4) weeks before your surgery.

Weight Reduction.

If you are overweight, we recommend that you try to lose weight. Your primary healthcare provider can provide you with some options.

Transportation.

Plan to have someone drive you to and from the hospital. Plan to stay in the hospital for one (1) to two (2) nights. Upon returning home, plan to have someone stay overnight for the first 48 hours.

PLANNING AHEAD

Plan ahead for your return home.

Stock your fridge and pantry with pre-prepared, healthy meals and arrange to have someone help you with your household chores (i.e. laundry, vacuuming and groceries).

Rearrange your kitchen and other cupboards and other closets to ensure frequently used items are within easy reach. Complete as much housework in advance as possible.

Dressing change/staple removal kit.

Upon discharge, you will need to purchase a dressing change/staple removal kit from the PRHC pharmacy. The kit is approximately \$10. This will give you some extra dressings as you will need them to cover your staples, until you are seen in the CAST Clinic by your surgeon. The staples stay in for 10 to 14 days.

Bring the staple removal kit with you to your first follow up appointment with the surgeon.

BE PREPARED

Book a respite stay (if necessary)

You may require additional help following your surgery and your hospital discharge. You can arrange for a short term stay at any of the Retirement Residences listed below to help you with your recovery. You may wish to check in your community for local Retirement Homes for respite bed options as well. If you are considering a respite bed, you must arrange this with the retirement residence prior to your surgery for your discharge date.

If you do not want to book a respite bed but need extra help after you go home, you need to ask someone in your support system to stay with you. You will need help with your sling for the first 14 days. You will need to remove your sling three (3) times a day (at least) to preform your exercises, and then put your sling back on. This is a two (2) person job.

RETIREMENT RESIDENCE CONTACT INFORMATION

Applewood 705-749-1500

Canterbury Gardens 705-876-1414

Empress Gardens 705-876-1314

Jackson Creek 705-742-0411

Mapleview 705-639-5374

Peterborough Manor 705-748-5343

Princess Gardens 705-750-1234

Royal Gardens 705-741-6036

Rubidge Retirement Residence 705-748-4000

Sherbrooke Heights 705-750-1020

BE PREPARED

A fall after a shoulder replacement can be devastating as it could result in a fracture or broken implant and may be very difficult to repair.

To reduce your risk of a fall at home

- Remove small rugs and tape down the edges of larger rugs
- If possible, install a handrail to help you climb steps in your home. Remember – the handrail should be installed on the same side as your non-surgical arm
- Make sure you have a chair with firm seat, backrest and armrests
- Make sure you have proper lighting indoors and outdoors
- Avoid clutter in hallways and rooms and remove hazards such as loose cords
- Use a non-slip mat in your tub or shower
- Wear shoes inside and outside of the house – avoid wearing slippers
- Consider rearranging commonly used areas e.g. kitchen and place most commonly used items closest to your reach and at waist level
- Put a bell around your pets neck so they are more noticeable
- You may want to purchase a “reacher” at an equipment store to help you while you recover
- You may want to purchase a long-handled sponge and a hand-held shower nozzle
- If you have pre-existing balance issues, consider getting a bath chair or shower bench
- If you get up to go to the bathroom frequently at night, you may want to consider renting a commode chair

BE PREPARED

You will be responsible for arranging your own homecare equipment. The recommended items are below, however some may not be required depending on the layout of your home. Dressing aids are also helpful in completing everyday tasks during your recovery.

Equipment

<input type="checkbox"/> Raised Toilet Seat 	<input type="checkbox"/> Versa Frame 	<input type="checkbox"/> 2 Wheeled Walker 
<input type="checkbox"/> Bath Chair 	<input type="checkbox"/> Bath/Tub Transfer Bench 	<input type="checkbox"/> Cane 
<input type="checkbox"/> Commode 	<input type="checkbox"/> Wheelchair 	<input type="checkbox"/> Grab Bar 

BE PREPARED

Dressing Aids

Reacher (optional)



Long Handle Shoe Horn



Sock Aid (optional)



Long Handle Sponge (optional)



NOTES

THINGS YOU NEED TO KNOW

Things you will need to know for your comfort, support and safety at home

- Make sure that you have extra pillows, you will need these to support your shoulder when sleeping on your back
- You may find sleeping in a recliner chair more comfortable than a bed for the first few days
- Ask friends and family for assistance with cleaning, meal preparation, and personal care
- A reusable cold pack is helpful for any swelling that you may experience
- Plan to not drive for four (4) to six (6) weeks
- Ensure that you have your pantry stocked and some frozen meals available in order to make things easier after surgery
- Practice doing things using the arm that will not be operated on before surgery (washing yourself, brushing your teeth, wiping yourself after using the bathroom etc.)
- You may also want to consider purchasing an electric toothbrush
- Use slip on shoes that are easy to put on and take off, or elastic shoe laces
- To prevent constipation, you will require a high-fibre diet while taking pain medications

THE ROLE OF YOUR CAREGIVER

Your caregiver has a very important role in your recovery – they will be challenged physically and mentally during your recovery period. The arm, especially the dominant one, is responsible for a large portion of our day-to-day function. You will become dependent on others during the recovery period. Your caregiver will become the in-home specialist to put on and take off the arm sling. Your caregiver will also be your designated driver for a few weeks.

The more you plan your care at home together now, the easier your recovery will be.

If you have no caregiver available

- If you live alone and/or have no one to come to assist you during your recovery you may want to arrange a respite care at one of the local retirement homes.
- If you do not live in Peterborough, contact your local retirement homes to see if they offer a respite program
- Community Care is also available for extra help with house work, meals on wheels, community drivers etc. They can be reached at:

Community Care Administration Office
705-742-7067

BEFORE YOUR SURGERY

ON THE DAY BEFORE YOUR SURGERY:

- You may eat solid foods until 12 midnight the night before your surgery
- You may drink one (1) to two (2) glasses of clear non-carbonated fluids up until three (3) hours before your surgery (i.e. water, apple juice, Gatorade (except red) & coffee or tea **without** cream or milk)
- You may shower and shampoo your hair

PLANNING FOR YOUR RETURN HOME STARTS NOW!

- It is important to start early. Make sure your house is prepared for when you come home after surgery. Stock your fridge and pantry with pre-prepared healthy, easy to digest meals
- You may need some help with household chores such as laundry and groceries
- If you are going home the same day as your surgery, **YOU MUST HAVE SOMEONE PICK YOU UP AND STAY WITH YOU OVERNIGHT**

BEFORE YOUR SURGERY

DO NOT:

- **DO NOT** Smoke or drink alcohol for 24 hours before surgery
- **DO NOT** Use recreational drugs for three (3) days before your surgery
- **DO NOT** Chew gum the morning of your surgery
- **DO NOT** Wear nail polish, acrylic nails, contact lenses or body piercings on the day of surgery. If you wear a medic-alert bracelet, it will be removed before you enter the Operating Room
- **DO NOT** Use lotions, moisturizers or make-up on the day of your surgery
- **DO NOT** Shave the hair on your body before surgery as this increase the chance of getting an infection. The surgical team will remove any hair as needed in the Operating Room
- **DO NOT** Wear perfume, colognes or scented products. PRHC is a scent-free hospital

SURGERY DAY CHECKLIST

ON THE DAY OF YOUR SURGERY:

- Take your usual medications the morning of your surgery, unless you are told not to
- Take any additional medications as directed by the surgeon/anesthesiologist/nurse
- Bring all the medications you are currently taking, in their original containers. Let your healthcare team know if there have been any changes in your medications
- Brush your teeth or rinse out your mouth, but do not swallow any water
- Bring your sleep apnea machine (if you use one) labeled with your name
- Bring your Ontario Health Card
- Bring this booklet
- Bring your reading glasses/contact lenses with protective case, labeled with your name and phone number
- Bring your hearing aids/dentures with protective case, labeled with your name and phone number
- Keep in mind it is a long day and there will be a lot of waiting
- Bring your sling with you on the day of surgery

WHAT TO EXPECT

PLEASE ARRIVE ON TIME

1. When you arrive at the hospital, check in with **Central Registration** on Level 4, just inside the Main Entrance.
2. Once you are registered, walk across the lobby to the elevators. Go up one floor to Level 5.
3. If you need pre-surgery tests (bloodwork or ECG), get off the elevator and turn left. The **Lab** is the first door on your right. Take a number and have a seat until the receptionist calls you. Once your tests are complete, follow the directions below to Surgery & Outpatient Procedures (SOP).
4. To get to SOP, exit the elevator on Level 5 and turn right. Follow this hallway and turn left at the windows.
5. Continue down this hallway. When it ends, turn right.
6. SOP will be on your left. Please report to reception to check in. You will be asked to have a seat in the waiting area after you have checked in.
7. A nurse will call your name and take you to a pre-operative room to complete your paperwork and prepare you for surgery.
8. You will be directed to the change room, where you will change into a hospital gown.

IN THE OPERATING ROOM

- When you are ready for surgery, you will be taken to the Operating Room by surgical staff.
- In the Operating Room, you will be greeted by members of your surgical team, including your surgeon, anesthesiologist and nursing staff.
- Several people will ask you your name, date of birth, allergies and the surgery you are going to have. This is for your safety. If anything sounds incorrect, please speak up!

Our Operating Rooms are sometimes needed for life-threatening emergencies. While this isn't common, we will tell you as soon as possible if your surgery needs to be postponed. If this happens, your surgeon's office will call you to schedule a new date.

Thank you for your understanding.

IN THE RECOVERY ROOM

After your surgery, you will be taken into the recovery room

- While there, you will have:
 - ▶ An intravenous (IV) drip to give you fluid or medicine
 - ▶ A nurse, who will ask you about your pain and monitor you continuously
 - ▶ Oxygen through a face mask or a tube in your nose
 - ▶ Monitors to check your blood pressure, heart rate and oxygen level.
- You may also have:
 - ▶ A catheter to drain the urine from your bladder
 - ▶ An epidural or small tube in your back to deliver pain medication
 - ▶ A PCA pump to deliver pain medication
 - ▶ You will wake up wearing your shoulder sling in the recovery room following shoulder replacement surgery

Depending on your type of surgery

Your recovery may vary depending on how you are doing after your sedation. Once your recovery is completed, you will either go home or be moved to your hospital room.

IN THE RECOVERY ROOM

If you are staying overnight in a hospital room, please have someone bring you:

- A bathrobe and loose, comfortable clothing
- Non-slip slippers or shoes
- Personal hygiene items (toothbrush, toothpaste, hairbrush, mouthwash, deodorant, lip moisturizer, etc.)
- Earplugs (optional)
- Reading material (optional)
- Hearing aids, dentures, eyeglasses in their protective cases (all labeled with your name and phone number)

**Please limit your belongings
to one bag for your stay**

DO NOT BRING:

- ▶ Valuables such as jewelry or watches
- ▶ Credit cards
- ▶ Large amounts of money

Patients choosing to bring these items to the hospital, do so at their own risk.

Occasionally, it may be necessary for patients to stay overnight in the recovery room following their surgery.

RECOVERY AFTER SURGERY

- When you are ready to go home, you will need someone in your support system to drive you home and someone to stay overnight with you.
- Your first meal after surgery should be light

Following your surgery:

- ▶ Have someone stay with you
- ▶ **Do not** drive or operate any kind of vehicle or machinery
- ▶ **Do not** drink alcohol
- ▶ **Do not** make any major decisions

NOTES

PHYSIOTHERAPY POST SURGERY

The hospital physiotherapist will come to see you in your room on the day after your surgery. They will assess your mobility and let you know what exercises you should be doing at home.

You will wear your sling day and night for the first 14 days after your surgery. Dr. Wong will then assess you and let you know when you can stop wearing the sling.

Once the sling is off, you need to start formal physiotherapy. It is a major role in your recovery process. You must attend physiotherapy for 12 weeks.

You can go to one of the OHIP covered Physiotherapy Clinics or you can go to your preferred one and pay for your treatments. You will be given a prescription for your physiotherapy by Dr. Wong's office.

Physiotherapist

A healthcare professional who specializes in teaching specific exercises to aide in your recovery after your surgery.

PHYSIOTHERAPY POST SURGERY

Arrange for Physiotherapy for After Your Surgery

You will be responsible for setting up your own physiotherapy appointments.

A prescription for physiotherapy will be provided by your surgeon.

Your first physiotherapy appointment must be arranged prior to your surgery. The number of ongoing appointments will be determined at your first physiotherapy appointment.

Outpatient Physiotherapy Options

OHIP physiotherapy if available in your community:
http://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

Privately funded physiotherapy clinics
(insurance coverage or privately paid)

For a list of OHIP covered and privately funded physiotherapy clinics in Peterborough and surrounding area, please see pages 40-44.

PHYSIOTHERAPY POST SURGERY



Reduce your risk of falling by adding these four (4) habits to your daily routine:

1. Be active
2. Take your time
3. Live safe (i.e. clear the way and keep hallways clear of clutter)
4. Choose smart: visit your doctor, nurse practitioner and/or pharmacist to review your fall risk and review your medication

NOTES

POST OPERATIVE INSTRUCTIONS

Reverse Total Shoulder Arthroplasty**Shoulder Precautions**

It is important to follow the precautions to prevent injury to the repair and to promote healing of the incision:

- Wear sling at all times except for bathing and exercise. Your surgeon will let you know when you can stop wearing the sling – usually around two (2) to three (3) weeks following surgery
- When sling is removed, let arm rest at your side.
DO NOT use it.
- **DO NOT** get your incision wet for 72 hours . **DO NOT** immerse the wound under water until it is completely healed. You may sponge bathe or shower. Air dry the wound or pat dry with a clean towel. Place a clean bandage over the staples after showering.
- **DO NOT** lean on or bear weight through the affected arm
- **DO NOT** use the arm to push or pull yourself up
- **DO NOT** hold or lift objects with the affected arm heavier than a coffee cup
- **DO NOT** do sudden movements or excessive stretching
- **DO NOT** excessively rotate your arm outward (external rotation) or inward (internal rotation)

POST OPERATIVE INSTRUCTIONS

- **DO NOT** reach your hand behind your back to the mid-line of your buttocks for three (3) months (after surgery) as this could result in dislocation

Call the surgeons office if you notice any of the following signs:

- Bright red blood leaking through your bandage
- Chills or a fever 48 hours after your operation
- White, yellow or green fluid coming from your incision/scope sites, may have a foul smell
- Red, hot, swollen, hard, or painful areas around your scope sites
- Pain that is not helped by medication

POST OPERATIVE INSTRUCTIONS

Total Shoulder Arthroplasty**Shoulder Precautions**

It is important to follow the precautions to prevent injury to the repair and to promote healing of the incision:

- Wear sling at all times except for bathing and exercise. Your surgeon will let you know when you can stop wearing the sling – usually around two (2) to three (3) weeks following surgery
- When sling is removed, let arm rest at your side. Do not use it
- **DO NOT** get your incision wet for 72 hours . **DO NOT** immerse the wound under water until it is completely healed. You may sponge bathe or shower. Air dry the wound or pat dry with a clean towel. Place a clean bandage over the staples after showering.
- **DO NOT** lean on or bear weight through the affected arm
- **DO NOT** use the arm to push or pull yourself up
- **DO NOT** hold or lift objects with the affected arm heavier than a coffee cup
- **DO NOT** try to raise the arm out in front of you or overhead or out to the side
- **DO NOT** rotate your arm outward

POST OPERATIVE INSTRUCTIONS

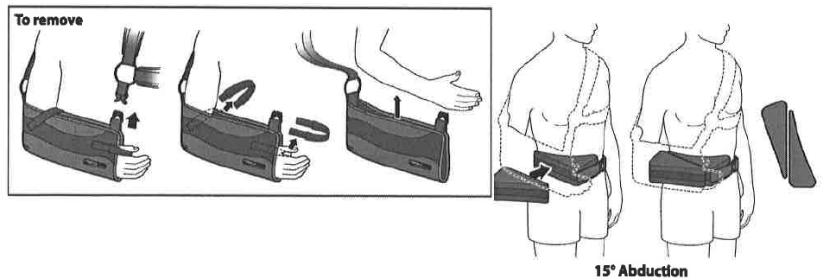
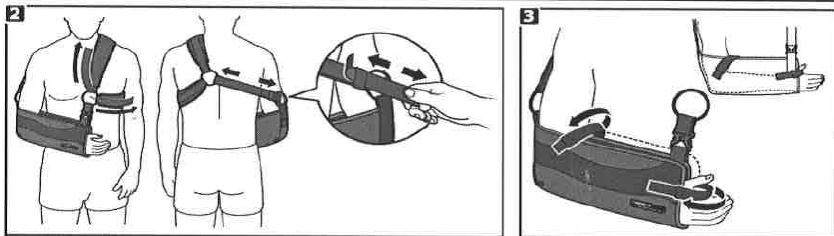
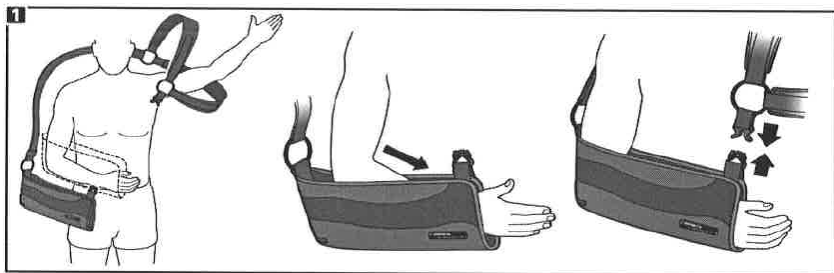
- Keep elbow next to body
- **DO NOT** reach your hand behind your back to the mid-line of your buttocks for three (3) months (after surgery) as this could result in dislocation

Call the surgeons office if you notice any of the following signs:

- Bright red blood leaking through your bandage
- Chills or a fever 48 hours after your operation
- White, yellow or green fluid coming from your incision/scope sites, may have a foul smell
- Red, hot, swollen, hard, or painful areas around your scope sites
- Pain that is not helped by medication

REHABILITATION INSTRUCTIONS

Application of the Abduction Sling



REHABILITATION INSTRUCTIONS

**Total Shoulder Arthroplasty and
Reverse Total Shoulder Arthroplasty****Precautions**

For 12 weeks after surgery, avoid extending your arm and shoulder backwards past a neutral position. Do not reach behind your back to the mid-line of your buttocks for the same 12 week period. These movements pose a risk for dislocation.

Actions and movements like tucking in a shirt or performing personal hygiene with the operative arm are especially dangerous activities particularly, right after surgery. There will be permanent limitations in internal rotation (i.e. reaching behind your back). You will not be able to reach higher than your back pocket.

Beginner Exercises

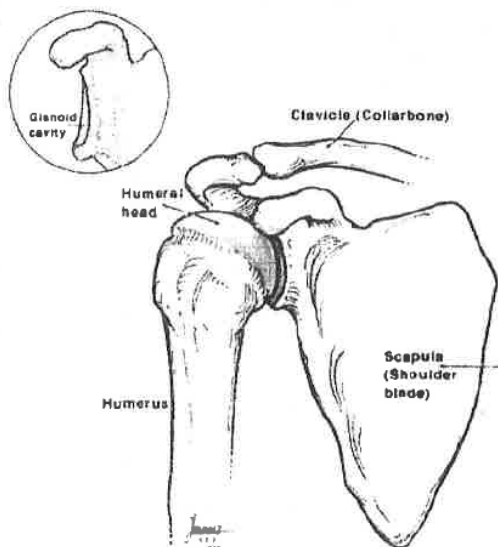
hand/wrist/elbow exercises and pendulum
(horizontal swing motion)

Elbow, wrist and hand mobility

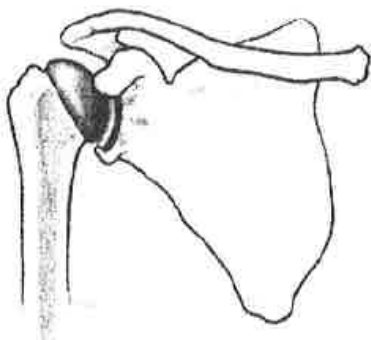
After your shoulder surgery, it is important to maintain full mobility of the joints below the affected shoulder.

Elbow, wrist and hand exercises are done to maintain strength in forearm muscles, but more importantly, the exercises use these muscles as a pump to move fluid out of them. They can be performed in the sling by undoing the forearm snaps and wrist strap to free elbow, wrist and hand while exercising. **DO NOT** move the arm away from the body unless fully supported. These exercises should be done four (4) to five (5) times throughout the day.

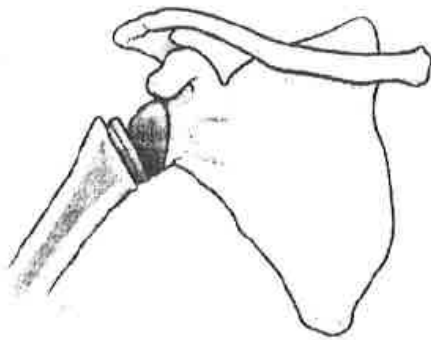
REHABILITATION INSTRUCTIONS



Shoulder Anatomy



Total Shoulder Arthroplasty



Reverse Total Shoulder Arthroplasty

REHABILITATION INSTRUCTIONS

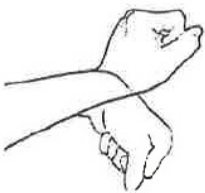
Elbow

In sitting or lying, gently bend and straighten your elbow. Assist with other hand if needed. Make sure your elbow straightens fully. Hold for five (5) seconds. Repeat 10 times.

**Wrist and Hand**

Repeat each exercise below 10 times.

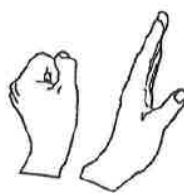
1. Bend your wrist forward, backwards and in a circular motion.
2. With your palm open, move hand from side to side.
3. Open and close your hand making a fist
4. Squeeze a soft ball 10 times every hour that you are awake



1



2



3



4

REHABILITATION INSTRUCTIONS

Pendular Exercises (horizontal swing motion)

Remove your sling for these exercises.

This is an exercise that you would do standing. Bend forward and place your unoperated arm on a table or firm surface to support you. With one leg in front of the other, let your operated arm swing back and forth, and then clockwise and counter clockwise. Perform this exercise 10 times, three (3) to five (5) times a day.

**Note**

Your operative arm must dangle, and swing with your body weight. DO NOT use your arm muscles.

COMMON CONCERNS

Pain

Pain will begin to lessen around 48-72 hours after surgery. Use pain medication as scheduled instead of when the shoulder hurts. Icing may also help to significantly decrease pain. Both will help to prevent discomfort while performing normal, functional movements. Some pain should be expected. Wean off narcotic medications by increasing time between dosages as pain improves.

A score of 4 out of 10 is an acceptable pain level, with pain medications. Be aware pain medications can cause constipation. Increase your water intake and fibre content to assist with this.

Surgical dressing

Your surgical dressing should remain in place per surgeon's instructions. It can be changed on a regular basis (every 48 hours) or as necessary. If it becomes saturated or wet, replace it with a clean, dry dressing. Your sutures (row of stitches) will be removed at your follow-up appointment, 10 to 14 days after the operation. The day after your sutures are removed, it is no longer necessary to cover the incision while bathing, unless drainage persists. You may experience soreness around the incision site. It is common to have bruising down the arm and on the chest over the next few days – this is normal and will go away without special care.

COMMON CONCERNS

Sleeping

You should sleep on your back or unoperated side. When sleeping on your back, support your operated shoulder by placing a pillow underneath. When sleeping on your side, a pillow can be placed across your chest to support your operated arm. You may be more comfortable sleeping in a sitting position. You will be sleeping with your sling on.

Showering

A non-slip mat in your shower/bathtub will improve safety. It is safe to shower two (2) to three (3) days after your surgery, however you do not want to submerge or soak your surgical incision site. Your arm can hang gently at your side while showering. Use your unoperated arm to shower. A long-handled sponge may help. You may cover your bandage with plastic while showering. If the bandage becomes wet, it must be removed and replaced with a clean, dry bandage.

Dressing

Loose-fitting clothing and button-up shirts are ideal. You may do up/undo buttons using your operated arm. Dress your operated arm first, then your unoperated side. When undressing, begin with your unoperated arm, then your operated arm. Bras should be fastened in front turned to the back using your unoperated arm, then the straps pulled up last. Your sling should be worn over your clothes.

WHEN TO CALL YOUR SURGEON



Call your surgeon or go to the nearest Emergency Department (ED) if you have any of the following symptoms:

A fever (temperature greater than 38°C or 100°F) and chills.

Bleeding or other drainage that requires you to change the dressing more frequently than suggested.

Increased redness or swelling at the surgery site.

Foul smelling drainage.

Shortness of breath or cough that wasn't present before surgery.

Feeling faint or dizziness.

Leg tenderness.

OHIP Covered Physiotherapy Clinics in Peterborough and Surrounding Area

Orthopedic Rehabilitation Institute Kawarthas

Peterborough | 705-304-6715

Peterborough Physiotherapy & Sports Injuries Clinic

Peterborough | 705-741-2284

Total Physiotherapy & Sports Injuries Centre

Peterborough | 705-749-1313

Physio North

Bancroft | 613-332-1010

Ross Memorial Hospital

Lindsay | 705-324-6111

Closing the Gap Healthcare

Lindsay | 705-324-5085

Campbellford | 705-653-0551

Lakefield Physiotherapy & Foot Health Clinic Inc.

Lakefield | 705-652-6999

We-Fix-U Physiotherapy and Foot Health Centres

Cobourg | 905-373-7045

Port Hope | 905-885-0024

PATIENT RESOURCES

Physiotherapy Associates of Port Perry

Port Perry | 905-985-8363

Pickering Sports Medicine & Wellness Centre

Pickering | 905-839-8886

Central Park Physiotherapy Centre

Oshawa | 905-725-4241

The Oshawa Clinic

Oshawa | 905-723-8551

Durham Physiotherapy and Wellness Clinic

Oshawa | 905-725-8359

Privately Funded Physiotherapy Clinics in Peterborough And Surrounding Area

Physiotherapy Centre of Bancroft

34 Forest Hill Road, Bancroft | 705-304-6715

Physio North

Bancroft | 613-332-1010

Chemong Physiotherapy

Bridgenorth | 705-292-9888

Bobcaygeon Physio and Rehab

Bobcaygeon | 705-738-3934

PATIENT RESOURCES

Closing The Gap Healthcare

Lindsay | 705-324-5085

Campbellford | 705-653-0551

Cardinal Physical Therapy

Cobourg | 905-373-9040

Cobourg Orthopaedics & Sports Injuries Clinic

Cobourg | 905-372-0100

We-Fix-U Physiotherapy & Foot Health Centre

Cobourg | 905-373-7045

Hill Chiropractic and Physiotherapy

Haliburton | 705-457-9895

Kinmount District Health Centre Physiotherapy & Rehabilitation

Kinmount | 705-488-1890

Freeflo Physiotherapy

Lakefield | 705-652-6666

Lakefield Physiotherapy & Foot Health Clinic

Lakefield | 705-652-6999

Alison O'Neill PT, CAFCI

Lindsay | 705-880-1010

Lindsay Rehabilitation Centre

South, Lindsay | 705-324-0404

PATIENT RESOURCES

Point of Balance Physiotherapy

Lindsay | 705-878-1175

Zoom Physiotherapy

Lindsay | 705-320-9300

Active Living and Physiotherapy Centre

Peterborough | 705-748-2008

Adaptive Health Care Solutions

Peterborough | 705-874-1221

Kawartha Physiotherapy and Sports Injuries Clinic

Peterborough | 705-742-0247

Murphy Therapeutic Group

Peterborough | 705-741-1711

Optimal Health Physiotherapy

Peterborough | 705-243-6633

Orthopaedic Rehabilitation Institute Kawarthas

Peterborough | 705-304-6715

Peterborough Physio & Sports Injuries Clinic

Peterborough | 705-741-2284

Pulse Physiotherapy

Peterborough | 705-874-0222

PATIENT RESOURCES

Total Physiotherapy & Sports Injury Centre

Peterborough | 705-749-1313

Trent Health in Motion

Peterborough | 705-741-4758

We-Fix-U Advanced Shoulder and Heel Pain Relief Centre

Peterborough | 705-270-0606

Port Hope | 905-885-0024

Lakeshore Physiotherapy Services

Port Hope | 905-885-7071

Physiotherapy Associates of Port Perry

Port Perry | 905-985-8363

Scugog Physiotherapy Centre

Port Hope | 905-233-4271

Sharpe Physiotherapy

Trent River | 705-778-5427

PATIENT RESOURCES

CLICK THE LINKS BELOW

The Department of Surgical Services at PRHC

Patient & Visitor Handbook

Family Health Team to Quit Smoking Program

705-740-8020 x. 335

▶ Preparing for surgery

▶ Post-operative care

▶ Preparing your home

▶ Exercises

▶ Using your sling

▶ Booking a physiotherapist

▶ Equipment

Patient Relations

705-743-2121 x. 3674

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