



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices : Shoulder (open or by arthroscopy)
Dr Sébastien Guimond Simard



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Bandages

You must take off the bandages 48 hours after the surgery.

Shower

You may shower as soon as the bandages are taken off (48 hours after the surgery).

Stitches

The stitches used are melting stitches. If, however, you had staples, the surgeon will remove them at your next appointment.

Physiotherapy

You must start physiotherapy treatments 1 to 5 days after the surgery.

Splint

If you had an acromioplasty, you will have a splint that you may wear or not, according to your pain level.

For every other shoulder surgeries, you must wear the splint when moving and sleeping.

Exercises

You must move your fingers, wrist and elbow as much as possible. You must exercise passively, meaning that you may move the operated arm while helping with the other arm. You must never use your operated arm to perform a task. You must do these exercises only if the pain is tolerable.