



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices: Shoulder
Dr Sylvain Gagnon



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Bandages

They may be removed 72 hours after surgery unless otherwise stated. The wound may be left uncovered. The Steristrips (little white bandages) will fall within the days following the surgery.

Shower

You may shower when the bandages are taken off.

Splint

The sling is for comfort. If there is an abduction cushion, the surgeon will give you instructions after surgery. The abduction cushion is for comfort (to hold the arm away from the body); it can be removed for hygiene and to dress up. You must support your arm when removing the cushion.

Physiotherapy

According to the surgeon's instructions.

Exercises

You can move your fingers, elbow and wrist and unlatch the sling.

Particularity

You must not use deodorant for at least 2 weeks.