

# Dr Katherine Gordiev

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## Orthopaedic Surgeon Shoulder Elbow Wrist & Hand Arthroscopy Reconstruction Replacement & Trauma

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### SURGERY ADVICE

The following is general advice. Dr Gordiev will discuss with you how this relates to your own circumstances.

#### PRIOR TO SURGERY:

It is typically not appropriate to **drive** for 2 to 6 weeks after upper limb surgery, so plan driving arrangements, **working from home** and stocking the **freezer** with meals. It may be easier to sleep **reclining on pillows** or in a recliner chair for the first few nights or weeks.

Please **avoid cuts** and scratches on the arms before surgery, such as from gardening, as they increase the risk of infection and may result in the surgery being postponed. Patients undergoing shoulder surgery should use a **benzoyl peroxide skin wash** prior to surgery. Apply and wash off daily in the shower to the outer shoulder, underarm area, neck and face for 3 days. Should irritation occur, please discontinue use. It is **not necessary for you to shave the shoulder area or underarm** before arriving at the hospital. It is preferable for us to clip hair at the hospital just prior to surgery.

Please ensure that **rings** are removed prior to your arrival at hospital for surgery, especially if they are tight and difficult to remove. They cannot remain on the operated limb during and after surgery due to the risks associated with swelling. It is preferable for a **jeweller** to cut and enlarge a significant ring rather than for it to have to be done at the hospital.



#### FOLLOWING SURGERY:

**DRESSINGS:** Please keep dressings dry and in place until sutures are trimmed removed at your review appointment with Dr Gordiev. Care needs to be taken when showering to avoid water leaking under the dressing.

**PAIN RELIEF:** You will be prescribed tablets for pain relief. Some of the medication may cause constipation, so drink plenty of water and adjust diet to relieve these symptoms.

**ICE SLEEVE:** This is applied after surgery and should be used following discharge, before and after doing exercises. It is useful for 1 – 2 weeks, sometimes longer.

**DVT PREVENTION:** Having an injury, dehydration, surgery and an anesthetic can all contribute to the risk of DVT. Dr Gordiev may prescribe DVT prophylaxis while you are in hospital and upon discharge for an appropriate period. Walking and maintaining appropriate hydration also helps to reduce this risk.

**EXERCISES AND PHYSIOTHERAPY:** Please perform the prescribed exercises twice a day. A good time to do them is after a shower in the morning and in the afternoon, but not just before bed. Formal physiotherapy will be arranged after your post-operative review with Dr Gordiev. At that appointment, Dr Gordiev will explain your operative procedures, provide instructions and arrange communication with your physiotherapist.

**SLING AND DRIVING:** Wear the sling until reviewed by Dr Gordiev. Take the arm out of the sling for exercises. No driving, lifting, pushing, reaching or pulling with the operated arm.

**CERTIFICATES:** These are provided at the post operative and subsequent appointments

**CONTACT:** If you have questions post-operatively, please call Dr Gordiev's practice on 6260 5249, during office hours, or 6222 6666 after hours.