

Frequently Asked Q's

When can I take a shower?

5 days after surgery. After you remove the outer white dressing and cover incisions with waterproof bandages

What do I do with my sling?

Keep it on for 6 weeks (including sleeping) EXCEPT to exercise the neck, wrist, elbow, and hand. You should not actively move your shoulder for 2 weeks.

When can I drive?

After 6 weeks provided that you have not been instructed otherwise.

My surgery video won't work?

The DVD is created to only work on a computer (both Mac and PC). You may have to download special drivers to play this video.

Why are there many files of my surgery? Clips of your surgery are recorded for you to see and hear what has been found and fixed in your surgery.

Questions

If you have any questions, concerns, or problems, please call my office at 902-473-7626, or after hours, call the Nova Scotia Nursing 811 number. Failing this, you may contact your family doctor, or as a last resort for urgent problems, you may go to the nearest Emergency Department if you wish.

Ivan Wong MD FRCS(C)
Orthopaedic Surgeon, specializing in Sports and Trauma Surgery
Arthroscopic reconstruction of Shoulder and Hip
4th Floor Orthopaedic Surgery
Halifax Infirmiry Bldg.
1796 Summer Street, Halifax
Nova Scotia, B 3K 6A3
Tel# 902-473-7626 Fax # 902-425-3879

Shoulder Surgery

Dr. Ivan Wong MD FRCS(C)
Orthopaedic Surgeon
Assistant Professor
Dalhousie University
Specializing in Sports Medicine
Shoulder, Hip, Knee, and Ankle



**DALHOUSIE
UNIVERSITY**

Inspiring Minds



1-2 wks before Surgery

Pre-op Clinic You might be scheduled for a visit with a nurse or doctor to review your current health and medical requirements for surgery. You will need a general anesthetic for surgery. If you require this you will be contacted.

Family Doctor Please inform your family doctor that you will be undergoing surgery and determine if there is anything that needs to be changed with your medications

Physiotherapy

You should already have a prescription for bracing and physiotherapy prior to surgery The fitting of the brace should be done a few days before surgery.

Night Before Surgery

No Food or drink after midnight before surgery

Day of Surgery

Mobile Phone/Home Phone

Keep your phone nearby. The Trauma center schedule may change quickly, so be prepared to come in early if you are called

Plan to arrive early Bring your brace and ice machine

After Surgery

Follow-up appointment will be approximately 2 weeks after your surgery at the QE II Health Sciences Centre, Ortho / Fracture Clinic. This is will be booked for you automatically.

If you have not received notification of this appointment 1 week post-op, please call 902-473-4166. Please leave a message and your call will be returned.

Compression/Wicking Dressing (White dressing) Leave on and keep dry for 5 days, then remove dressing with foam pads and place clean waterproof dressings over incisions

Cold Therapy Unit

Use as needed for 2 weeks or longer. This will help decrease your pain after surgery, decrease the swelling, and allow you to use less pain medication

Shoulder Immobilizer Sling Keep on all times including nights for 6 weeks unless otherwise directed

Exercise Take your arm out of your sling 4-5 times every day and exercise your neck, elbow, wrist, and hand. You should not actively move your shoulder for 2 weeks

Physiotherapy

Post-op physio will commence between 1-2 days after surgery

Routine Ortho / Fracture Clinic Visits

2 week

You will have shoulder x-rays, stitches will be removed, and physio plan will be reviewed

6 week Your shoulder is just starting to heal, continue physiotherapy as guided by clinical protocols.

3 month Please bring a report from the physiotherapist regarding your progress

6 month Complete a survey on how your shoulder feels.

1 year and yearly Visits as required