



Dr Marcus Chia
SHOULDER & ELBOW SURGEON

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Shoulder Surgery – Instruction Sheet

1. Ice the shoulder 5-6 times a day (20-30 minutes at a time) particularly the first 24–48 hours.
2. Sling is to be used at all times except for showering.
3. Your dressings are waterproof for showering (however you should not submerge your dressings under water)
4. Your dressings should remain intact. If not, cover the wounds with Tegaderm dressing for showers to keep dry. You may get the wounds wet after 1 week.
5. Take pain medication prescribed as needed. Try and wean off as soon as tolerated.
6. Call my rooms (02) 8014 4252 with any problems or concerns.
Such As:
 - Elevated temperature
 - Continuous drainage from the wound
 - Severe Pain
 - Spreading Redness

A video guide to putting on a sling can be found at
<https://youtu.be/OG-l7rilBmg>

A video guide to removing the sling for showering can be found at
<https://youtu.be/LMUJPDJUGMw>

**please note that these videos are a guide and your sling may not be the same as pictured in the videos*