

## **Guidance for Frozen Shoulder Surgery**

### **Pain:**

A nerve block may be used before the operation, which means that immediately after the operation the shoulder and arm may feel numb. This may last a few hours. After this the shoulder may well be sore and you will be given painkillers to help this whilst in hospital.

The painkillers can be continued after you go home. Ice packs may also help reduce pain. Wrap frozen peas or crushed ice in a damp, cold cloth and place on the shoulder for up to 15 minutes.

### **Going Home:**

If the operation is early in the day, you will be able to go home on the same day of the operation. Otherwise, you will spend one night in hospital.

### **Wearing a Sling:**

No sling is worn after this operation. It is of the utmost importance to start moving your shoulder immediately after this operation through the whole range of motion. Otherwise movement gained by the operation will be lost again. This will be painful for the first few weeks and full doses of painkillers are essential to allow you to maintain shoulder movement.

### **The Wound:**

Your doctor will tell you if you have any keyhole wounds and if these wounds have sutures that will need to be removed. If there are no sutures, the wounds may leak for 3 to 4 days. The wounds should be kept dry until healed. This usually takes 5 to 7 days.

### **Expected Progress:**

Initially the shoulder is more painful than before the operation. This is expected and will settle down within a few weeks. Some of the movement gained may be lost during the first few weeks and it is important to maintain that movement in spite of the pain. The movement maintained will never be lost and some further gain in movement will occur for 3 months. As the pain of the operation settles, function will improve.

## Driving:

You may begin driving one week after your operation or when you feel comfortable.

## Returning to work:

This will depend on your occupation. If you have a desk-based job, you may return as soon as you feel able usually after one week.

If your job involves above head activities, you may need 3 weeks off & possibly longer if you have not been able to work prior to your operation.

## Leisure activities:

All sporting activities are allowed as soon as the pain will allow.

## Exercises:

Your physiotherapist will discuss your individual exercises with you before you leave hospital.

## Complications:

Other than very rare anaesthetic complications, an infection may occur but is also very rare. Fracture of the arm bone and nerve injuries may occur but are rare.

Although the full range of motion is normally achieved at the time of surgery, some of it may be lost and this minor loss of movement may be permanent.

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