



General tips after your shoulder surgery

The aim of this leaflet is to provide an overview of general tips to consider after shoulder surgery and to answer some of the common questions. It does not aim to substitute for a thorough discussion with your surgeon.

Dressing / undressing

Put your operated arm into your clothes first. Conversely, when you undress, remove the operated on arm second.

Shoes with laces are difficult with one hand so velcro or slip-on shoes may be better if you do not have someone to help.

Eating

Cutting food can be challenging with only one hand, so pre-prepared or ready-meals may be helpful.

Washing

You will usually have splash proof (but not waterproof) dressings applied at the time of surgery. While the wounds are healing they need to be kept clean and dry. Applying cling film or another protective covering may be helpful while washing.

Avoid getting into a bath as it can be difficult to get out of with one arm in a sling.