

General Information for patients after a dislocated shoulder

When a shoulder has been dislocated there is damage to muscles and ligaments around the joint. Although the dislocation has been treated the area remains weak due to the injury. It is therefore important that you read the following guidelines.

Due to your injury you may have been given drugs, which can affect your short-term memory. You may also feel dizzy; both of these symptoms are normal and may last a few hours.

Do...

- Wear your sling underneath your clothes for the first 2-3 days, and outside your clothes after that for approximately two weeks.
- Take regular painkillers.
- When you are wearing your sling you will need to gently exercise your elbow and wrist, do this every two hours during the day. Gently take your arm out of the sling and bend and straighten your elbow and move your wrist around.
- Whilst still wearing your sling, lean forward, so that your arm is away from your body. move the elbow as if you

were drawing a circle. Do this every two hours during the day.

- For the first few nights wear your sling under a tight fitting 'T' shirt in bed.

Do not...

- Do not put your arm above your head e.g. combing your hair as, in the early stages this movement could cause your shoulder to re-dislocate.
- Drive, do manual labour, or play sports until reviewed by the orthopaedic doctors in fracture clinic.

Remember when dressing it is much easier and less painful to place the affected arm into the sleeve first.

Danger signals and what to do

Contact your nearest Emergency Department or Fracture clinic (telephone number 0116 2047890) if you experience either of the following:

- Any loss of feeling in the affected arm.
- Any increase in pain that does not resolve.

For future problems contact:

Minor Injury Unit
Emergency Department

Leicester Royal Infirmary

Telephone number 0116 2585647

If you would like a written or taped translation of this information please contact, Service Equality Manager on 0116 258 4382.

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আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 2584382 নাম্বারে যোগাযোগ করুন।

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriiir, Maamulaha Adeegga Sinaanta 0116 2584382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਬ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو اس لیفلٹ کا تحریری طور پر یا ٹیپ شدہ ترجمہ درکار ہو تو برائے مہربانی سروس ایکوالٹی مینجری ڈیپٹیکر سے ٹیلیفون نمبر 0116 2584382 پر رابطہ قائم کریں۔

ਜੇ ਤਮਨੇ ਆ ਪਤਰਿਕਾਨੂੰ ਖੋਜਿਨ ਅਥਵਾ ਟੇਪ ਉਪਰ ਆਪਾਂਤਰ ਜੇਹੰਨੂੰ ਛੋਖ ਨੇ ਮਛੇਰਆਨੀ ਕਰੀ ਤੇਯ ਖੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨੇ 0116 2584382 ਉਪਰ ਸੰਪਰਕ ਕਰੋ.

यदि आप को इस लीफ़लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेब बेकर, सर्विस ईक़ुअलिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए।

General discharge information
about

Dislocated shoulders

Emergency Department
Leicester Royal Infirmary
Telephone: 0116 258 5647