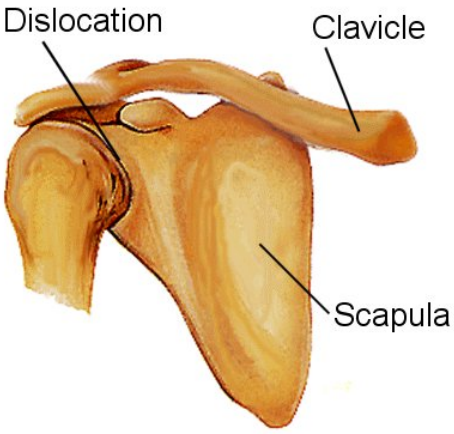
Dislocation, Shoulder

Shoulder dislocations are an injury to the shoulder joint in which the shoulder has been forced out of the socket. This may result in injury to muscles and ligaments around this joint.



HOME CARE INSTRUCTIONS

- If a sling or splint was applied, wear as directed. It can be taken off to bathe unless directed otherwise.
- Apply ice bags (ice in a plastic bag with a towel around it to prevent frostbite to skin) about every 2 hours for 20 to 30 minutes, while awake, to the injured area for the first 24 hours, then as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

Persistent pain and inability to use the injured area for more than 2 to 3 days are warning signs indicating that you should see a caregiver for a follow-up visit as soon as possible. Initially, a hairline *fracture* (this is the same as a broken bone) may not be evident on x-rays. Persistent pain and swelling indicate that further evaluation and/or further x-rays may be indicated. X-rays sometimes do not show a small fracture until a week to ten days later. **Make a follow-up appointment with your own caregiver or one to whom we have referred you,** it is very important to keep that appointment. Not keeping the appointment could result in a chronic or permanent injury, pain, and disability. If there is any problem keeping the appointment, you must call back to this facility for assistance**.** A *radiologist* (a specialist in reading x-rays) will re-read your x-rays. **Make sure you know how you are to obtain your x-ray results. Do not assume everything is normal if you do not hear from us.**

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop severe swelling, bluish discoloration, coldness, numbness, or excessive pain in the shoulder, arm, or hand.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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