Dislocated Shoulder

Your shoulder joint was dislocated. We have put the shoulder back in place. It is being held in place with a shoulder bandage. **It usually takes 4 to 6 weeks for the shoulder joint to heal completely**. See your caregiver in 7 to 10 days for follow-up. Do not use your arm until your caregiver approves. After the first week of healing you may remove the shoulder bandage to bathe.

You will be at risk for future dislocations if you move your shoulder too much before it is healed. A shoulder that has had several dislocations may require surgery. This is done to tighten up the joint to prevent dislocations in the future.

Nerves around the joint can also be damaged with this injury. This is not common. Watch for signs of nerve damage. This could show up as numbness or weakness in the injured arm or hand. Call your caregiver or return here at once if you have these symptoms.

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