

Dislocated Shoulder

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)

01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Dislocated Shoulder

You have had your shoulder put back into joint and now there are certain things you can do and avoid to aid your recovery and prevent another dislocation.

- Keep your arm in a sling to rest your shoulder ligaments. You may find it more comfortable to wear your clothes over the top of your sling to keep your arm next to your body
- You can take your arm out of the sling to move your elbow and wrist joints but do not move your upper arm away from the side of your body in case it re-dislocates
- Use ice-packs to ease pain, swelling and bruising. Use frozen peas or crushed ice in a damp towel. Place on your shoulder for 10-15 minutes, 4-6 times a day for 2 days.
- Take regular simple painkillers for the first few days (e.g. Paracetamol/ Ibuprofen). You may have been prescribed something stronger before leaving. Take this as directed.
- When dressing, put your affected arm in clothing first so you can keep the upper part of your arm next to your body.

- When undressing, remove your affected arm last to avoid moving the upper part of your arm away from your body.
- Sleep in the most comfortable position for yourself. You do not have to keep the sling on at night, but you do still need to keep your upper arm next to your body.

When you leave the Emergency Department, you will usually be given a follow up appointment with the Fracture Clinic. If you live out of the area you will be given instructions about follow up.

If you are having problems after leaving the Emergency Department either phone the number on the back of this leaflet for advice, come back to the Emergency Department, or contact your GP or your local Minor Injury Unit/Walk in Centre for advice.

