

Your shoulder was dislocated and the general practitioner has reset it. What happens next?

Your shoulder needs time and rest to recover.

Self-care:

- Wear a sling for the first one or two weeks. You can buy a sling at your local pharmacy or chemist's. Scan the QR code (at the bottom right of this page) for an instructional video on how to wear a sling.
- Move your arm carefully. You will know how much you can move your shoulder based on the pain you feel. Stop moving if it hurts too much.
- Avoid any movements that rotate your arm outward.
- **Important!** Make an appointment with a physical therapist in the first week. They will help you with your recovery.
- **Note:** if you lose function in your arm or your shoulder becomes dislocated again, immediately contact your general practitioner or the emergency out-of-hours medical centre.

Pain medication (adults):

- You can take paracetamol for the pain: two 500-mg tablets of paracetamol 3 to 4 times a day.
- If paracetamol is not enough to relieve your pain, you can also take ibuprofen: one 400-mg tablet 3 times a day. Note: only take ibuprofen if you are sure you can do so safely. If in doubt, consult your physician or pharmacist.

Pain medication (children):

- You can give your child paracetamol: check the packaging for the recommended dose.
- If paracetamol is not enough to relieve your child's pain, you can also give them liquid Nurofen. Check the packaging for the recommended dose.
- Children aged 12 or over may also take ibuprofen: check the packaging for the recommended dose.

Contact your own general practitioner if:

- the above recommendations are not effective
- your complaints persist for more than 5-7 days
- you are worried
- you have any questions

