



Orthopaedic Associates of Zanesville
Post-Op Instructions for Total Shoulder Arthroplasty/Reverse Total Shoulder
Arthroplasty/Hemiarthroplasty
Dr. Bonier

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed

WOUND CARE

- Maintain our operative dressing. It is normal for the shoulder to bleed and swell following surgery. If blood soaks onto the bandage, do not become alarmed, reinforce with additional dressing.
- Please remove the bulky dressing after 48 hours. You will have a waterproof dressing underneath. Please keep this in place for 2 weeks. Remove at home after 2 weeks.
- You may shower with the waterproof dressing. Please no baths or hot tubs. Do not allow the incision to get saturated.
- If the bandage looks like water has penetrated beneath the bandage please remove this and apply a dry sterile dressing (sterile 4x4's and tape would be sufficient).
- It is normal to have bruising around your shoulder and down into your elbow, forearm and hand. Swelling usually peaks around 7 days after surgery.

SLING/BRACE

- You are to wear the sling placed at surgery for a total of 6 weeks as described. This includes sleeping and throughout the day.
- If there are 24 hours a day, you should be in the sling 23.5 hours of the day. Removal for hygiene, dressing, and home exercise only.
- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort **STILL IN SLING**.
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long-distance traveling for 2 weeks.
- **NO** driving until instructed otherwise by physician, it is illegal to drive in a sling
- It is also ok to come out of the sling if relaxing in safe position (chair, coach, bed)

ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Use icing machine continuously or ice packs (if machine not prescribed) for 30-45 minutes every 2 hours daily until your first post-operative visit
- Care should be taken with icing to avoid frostbite to the skin.
- You do not need to wake up in the middle of the night to change over the ice machine or icepacks unless you are uncomfortable

MEDICATIONS

- Local anesthetics are injected into the wound on the shoulder and joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks
- You may have the below prescriptions sent into the pharmacy:
 - **Oxycodone** is a narcotic pain medication which is sedating and constipating. Use the narcotic pain medication when your pain is most severe. Wean yourself off of the narcotic pain medication as soon as possible.
 - **Celecoxib/Celebrex** - Prescription strength anti-inflammatory. You will take this twice daily for 5 days to help with pain and swelling. Do not take if you have any kidney disorders or told not to take NSAIDS.
 - **Cefadroxil/Clindamycin/Bactrim**- You will be sent in a prophylactic antibiotic that you will take for 7 days after surgery. Take as prescribed.
 - **Duloxetine/Cymbalta**- This medication helps with nerve pain following surgery. You will take this for 2 weeks following surgery. You may not be prescribed this based on your other medications.
 - **Ondansetron/Zofran**- This is a nausea medication. Please take as needed for nausea/vomiting.
 - **Omeprazole/Prilosec**- This medication is used to help prevent stomach ulcers due to the medications you have been prescribed.
 - **Baby Aspirin**- You will take this twice daily for 4 weeks to help prevent blood clots. Do not take if you are already on a blood thinner.
- **Additional medications to pick up over the counter:**
 - **Acetaminophen/Tylenol** - Please take 1000mg three times daily for one week. Please do not take if you have liver disease.
 - **Docusate, Senna, and Miralax** - Please take a stool softener/laxative while taking narcotic to help prevent constipation. If you have diarrhea or your bowels are moving you can adjust the medications.
- Keep in mind that all narcotics will cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office. When additional refills are needed, please call our office during business hours.

EMERGENCIES

- With any surgery it is important to be aware of any signs of infection, which can include: unusual looking or smelling drainage (green/yellow), increased redness and tenderness around the incision site, or fever (i.e. 101 degrees or above) and chills. Also, be aware of excessive bleeding or continued numbness and tingling. If you experience any of these symptoms, please call our office. There is a doctor on call 24 hours a day.

FOLLOW-UP CARE/QUESTIONS

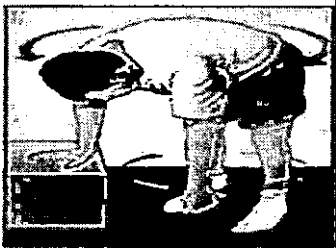
- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454- 3273 to schedule.
- Typically, the first post-operative appointment following surgery is 3 weeks following surgery. If you have any further questions please contact us during office hours.

Shoulder Exercises

Pendulums

Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.

Do 3 sessions a day.



Shoulder Rotation (assisted)

Keep elbow in place and shoulder blades down and together. Slide forearm back and forth by **using your non-operative arm.** (the picture does not show this)

Repeat 10 times.

Do 3 sessions a day.

