

Post-Op Instructions for Total Shoulder Arthroplasty/Reverse Total Shoulder Arthroplasty/Hemiarthroplasty

Dr. Burka

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 that stays in place until your follow up.
- 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

- You will have received a regional nerve block to help with pain. 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 will be prescribed one of the following medications to be used after surgery at home. Please take these how they are prescribed on the actual prescription.

Percocet (oxycodone/acetaminophen): The strongest narcotic pain medication. Do not exceed more than 10 pills in 24 hours.

OR

Norco (hydrocodone/acetaminophen): A narcotic pain medication as well. Not to exceed 10 pills in a 24 hours period.

- 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.
- **Antibiotics: (only for outpatient total shoulder patients)** This to prevent infection and is usually given for 24 hours after the surgery. Keflex or Clindamycin are the most common for after surgery.

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

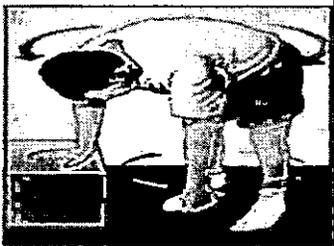
- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery. If you have any further questions please contact us during office hours.

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.

