

## Postoperative Instructions: Total Shoulder Replacement

### When You Get Home From the Hospital:

- Rest most of the day until you have your normal energy back.
- Be Safe- stay in the care of responsible adult most of the first day or two.
- Use Ice as much as possible: Use a towel or cloth between you and the Ice.
  - 20 minutes on/20 minutes off for regular ice packs/frozen peas, with a towel or cloth between you and the ice
  - If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

### Pain Medication:

- Take your pain medication- it's better to stay ahead of the pain.
- Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:
  - Drowsiness: Be Safe, don't drive, operate machinery, don't mix it with alcohol.
  - Stomach upset: Take with food, or try over the counter Zantac or Tums.
  - Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)
    - Take Prune juice or Milk of Magnesia if still constipated after 2 days
- You may take anti-inflammatory medication to help with pain and swelling.
  - Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.
    - Ok to take with Pain Medications, not with other anti-inflammatories
  - After 4 days of Toradol, you can take other anti-inflammatory medicines like:
    - Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex
  - Go easy on the anti-inflammatory medications if you have stomach problems.

### Dressing and Wound Care:

- You can change the dressing once daily.
  - No need to place any ointments or medications on or around the incision.
  - It's okay to take a shower 2 days after surgery- just dab the incisions dry
    - Then put on new gauze dressing just to cover the incision.
  - Don't take off the stickers on the skin (Steri-Strips) that cover the blue sutures
- No bath/pool/hot tub (putting the shoulder underwater) for 2 weeks.

### Activities and Restrictions:

- Sling: You may use the sling for comfort- but you may remove if you would like to.
  - Most people will use it in the house for at least the first day or two, then use it for going to the store or taking a walk.
- Okay to move the arm up from the side or over the head as much as you can tolerate.
  - No turning the arm outward (External Rotation) over 30 degrees for 6 weeks.
- You'll be getting around your house well within a few days.
  - Resume simple activities (even stationary bike, exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely
  - This usually takes about 1-2 weeks, sometimes longer. Use your best judgment.

### Exercises: Begin exercises immediately:

- Continue the exercises Physical/Occupational Therapy showed you in the hospital.
  - Lean over and gently swing your shoulder in a circle (called Pendulum exercises).
  - Move your elbow/wrist and fingers around many times during the day (no weights)
  - Physical therapy will continue in your home or in their outpatient locations.

### Problems or Questions? Call us at 925.600.7020

- Feel free to call us if you have any concerns, or for:
  - Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5)
  - Continuous drainage or bleeding that is soaking your dressing
  - Chest pain, shortness of breath