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Bone and Joint Clinic
Gretna: 504-391-7670
Marrero : 504-347-5421
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POSTOPERATIVE INSTRUCTIONS

Shoulder Replacement

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.).
- Progress to your normal diet if you are not nauseated.

WOUND CARE

- Keep your operative dressing in place. Occasionally, blood may soak through the bandages. Don't be alarmed, just add a new dressing (gauze) on top.
- Remove the dressing on the 3rd day after surgery and apply a dry dressing. Gauze or large band-aids work well.
- Keep your incisions dry until the sutures are removed. Cover with a plastic bag or plastic wrap such as Press N' Seal.

MEDICATIONS

- Local anesthetics (pain medications) are injected in the surgical site during surgery. Also, a nerve block by the anesthesiologist may be done just prior to surgery. These medications will wear off within 8-12 hours.
- Most patients will require narcotic pain medication after surgery for several days.
- Side effects of pain medication include: nausea, drowsiness, constipation.

Nausea-to help prevent nausea, take medications with food. If you are having difficulty with nausea or vomiting, please contact the office (Gretna: 504-391-7670; Marrero : 504-347-5421)

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- Drowsiness-Be careful in regards to drowsiness and do not drive or operate machinery after taking narcotic pain medication.
- Constipation-to help prevent constipation take a stool softener, such as Colace® 100mg twice daily. If this does not work you may take a laxative or use an enema if needed. Ask your pharmacist.
- Unless instructed otherwise, you may take Aleve® 1-2 pills in the am and the pm or Advil® 400mg 3 times per day if needed for pain control. This may also help you wean off the narcotic pain medication.
- Please resume all home medications, unless instructed otherwise.
- Avoid dental procedures for 6 months if possible. Contact your dentist for a prescription for antibiotics to be taken prior to dental procedures.
- With new laws in place, you will need to pick up a paper prescription for any refill of a narcotic pain medication. This medication cannot be called into your pharmacy. **Pain medications will not be refilled after hours or on the weekends.**

IMMOBILIZER (SLING)

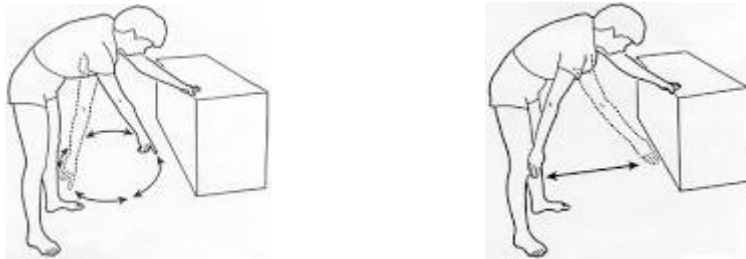
- Wear your sling (and the attached pillow) at all times, except for hygiene and exercises).
- The immobilizer takes stress off of the repaired shoulder.

ICE THERAPY

- Begin ice immediately after surgery and ice continuously over the bulky dressing. Once the bulky dressing is removed you may ice for 20 minutes every 2 hours. Ice can significantly reduce the amount of pain and swelling you have. Do not put ice directly on your skin.
- The ice machine (cryo-cuff) is a convenient way to ice, but ice packs work as well.

EXERCISE

- Formal physical therapy (PT) will not begin until the second week after surgery. You will be given the prescription for PT at your first post-operative visit.
- Perform pendulum exercises (leaning forward and letting the arm hang free and swing in slow circles and crosses) 3 times per day. See pictures.

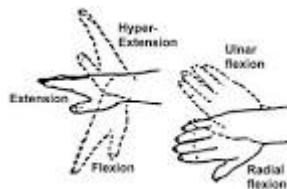


Use a pendulum maneuver to wash your armpit.

- Also perform elbow/wrist/hand range of motion exercises 3 times per day.
- Do NOT attempt to lift your arm away from your body (keep elbow at side).



Elbow



Wrist



Hand

ACTIVITY

- Sleeping will be difficult for most people for several weeks after surgery. You may want to sleep in a recliner with a pillow propping your arm or in bed propped up on pillows.
- Do not engage in activities which increase pain/swelling (lifting or any repetitive activities over the shoulder) until cleared by your physician, PA or PT.
- Avoid long periods of sitting (without arm supported) or long distance travel. It is recommended not travel long distances or fly for at least 2 weeks after surgery.
- NO driving until cleared by physician or PA.

- May return to sedentary work or school 3-4 days after surgery as pain permits. Many patients with sedentary jobs take 1 week off from work.

EMERGENCIES

Contact the office (Gretna: 504-391-7670; Marrero : 504-347-5421)

- for any of the following:
 - Painful swelling or numbness, unrelenting pain, Fever over 101°F (it is normal to have low grade fevers after surgery), chills, painful redness around the incisions (a small amount of drainage is expected), excessive nausea or vomiting.
 - If you have difficulty breathing or another emergency that requires immediate attention, call 911 or go to the Emergency Room.

If you have an urgent situation after hours or on the weekend, call the office at Gretna: 504-391-7670; Marrero : 504-347-5421 to be connected to the answering service. The on-call provider will be contacted.

FOLLOW UP

You will be provided with a post-operative visit date and time in the folder you receive at the time of surgery (**see pink form in your folder**). If you have any questions regarding your post-operative course or appointment, please call the office (Gretna: 504-391-7670; Marrero : 504-347-5421)

- The first visit after surgery is approximately 8-14 days after surgery.