



TOTAL SHOULDER REPLACEMENT POSTOPERATIVE INSTRUCTIONS

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DRESSINGS: A dressing has been applied to your incision following your surgery. This dressing should be left on for three days following surgery. Do not be alarmed if your dressing becomes moist or bloodstained. If the dressing is saturated please change the dressing prior to day three. After you have removed your outer layer of the dressing keep the mesh dressing that is glued to the skin in place until the first post op appointment.

WOUNDS: Your wound should be kept clean and dry. You may shower after the third day, however, DO NOT sit in a bathtub, hot tub, or swimming pool for a minimum of 4 weeks following surgery. The wound needs to be very well healed/sealed to avoid any introduction of bacteria that may start an infection. Do not apply any ointments or creams to your incision. Clear yellow or pink drainage from the wound is normal. However, thick, foul smelling discharge from the wound is not. If you think you are developing an infection, please call us right away.

SWELLING: You may notice some swelling after surgery. This is normal. Ice the area on and off regularly for the first few days. Do not use heat therapy on the site as this increases swelling. Swelling increases pain so try to keep the swelling under control.

ACTIVITY: Specific recommendations concerning activity and rehabilitation will be given to you by Dr. Bush, in the form of a physical therapy protocol, before you leave the hospital. Remember that being up and around or doing too much will increase swelling and therefore your pain. Try to rest.

SLING: You can take the sling off for showering and to do your elbow, wrist and finger exercises on post op day 1. However, you must wear your sling in public and at night for sleeping for the first 5 weeks, unless instructed otherwise.

PAIN: You will be given a prescription for pain medication before you leave the hospital. Do not drive or drink alcohol while taking pain medications. Please follow the directions on the label of your pain prescription and DO NOT take more than is indicated. Often the pain medicine contains Tylenol/Acetaminophen/APAP, and there is a daily limit to how much Tylenol/Acetaminophen/APAP one

should take. The limits of your pain medications are usually dictated by the Tylenol/Acetaminophen/APAP concentration. Please inform our office if you have any allergic reaction to your pain medication or if pain is not adequately controlled.

DIET: Begin with light meals and progress your diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting. If you are taking pain medications, increase your water/fluid intake as pain medications cause constipation. Laxatives/stool softeners, which can be purchased over the counter, might be necessary if constipation becomes an issue.

PRECAUTIONS: If you develop a fever greater than 101 F or if you have any severe swelling in your arm, rash, blisters, itching, hives, shortness of breath or any other problems or questions, do not hesitate to call our office.

RETURN APPOINTMENT: Please call our office for an appointment time. Post-op appointments are typically 10-14 days following surgery.

DENTAL ANTIBIOTIC PROPHYLAXIS REGIMEN: After total joint replacement surgery, certain precautions must be taken to reduce the chance that infection develops in the bone or around the implant. These precautions should be followed the rest of your lifetime. All patients who have had total joint replacement and will undergo any dental procedure, even teeth cleanings, should receive antibiotic prophylaxis before your dental procedure. A prescription for antibiotic therapy can be obtained from either us or your dentist.