

Shoulder Replacement Post-Operative Instructions

The main phone number to reach your surgeon or someone on call 24/7 is: 860-889-7345

If you have not scheduled a post op appointment already, call your surgeon's office tomorrow at: 860-889-7345 to make a post-operative appointment for 14-17 days after surgery.

DIET

- Anesthetic drugs used during surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids, and eat only light foods (Jell-O, soups, dry crackers, toast). You may have been given a prescription medication for nausea (Zofran). If so, you may take that medication as directed. If nausea and vomiting persist, become severe or you experience signs of dehydration (decreased urination, lightheadedness, dizziness), please call the office for further instructions.
- If you are not nauseated, progress to a normal diet as tolerated.
- To avoid constipation, drink water 64 oz per day unless you have a fluid restriction. Eat foods with a high fiber content such as beans, broccoli, carrots, celery, fruits (apples, blueberries, prunes, dates, pears, citrus), oatmeal, whole grains, and nuts.
- You were prescribed Senokot to prevent constipation. Take it as directed.
- Take Miralax over the counter if you do not have a bowel movement for three days after surgery.

ICE THERAPY

- Begin using an ice machine or ice pack immediately after surgery. Icing is very important for the first 7 days after surgery. Apply the ice therapy while awake during the day, 30 minutes on and 30 minutes off.
- Care must be taken with icing to avoid frost bite to the skin. Do NOT apply ice directly to the skin. Do NOT apply ice at night.

BLOOD CLOT PREVENTION

- Walking frequently, not sitting for long periods of time, and performing "ankle pumps" are all methods you should be doing to prevent the formation of blood clots.
- Your surgeon has prescribed a medication for you to take to reduce the chance of blood clots. Please take it as directed. If you experience severe arm or leg pain, or feel short of breath or chest pain, please call our office immediately. It may be a sign of a blood clot.

WOUND CARE

- After your surgery, your incision will be covered with a dressing.
- Starting three days after surgery, change the dressing daily using dry gauze and paper tape. Keep the incision clean and dry.
- Do NOT apply any type of lotion or cream to the skin incision.
- Wash your hands before any dressing change.
- It is normal for the shoulder to have some bleeding and swelling following surgery – if blood soaks into the dressing, reinforce with additional dressing. If bloody drainage persists despite dressing changes, please call your surgeon for further instructions.
- To avoid infection, avoid submerging the incision under water in a tub or pool until at least 3 weeks after the surgery when the incision is completely healed. You may shower 4 days after surgery. Cover the incision with waterproof bandage. After showering, remove the waterproof bandage and apply dry gauze with paper tape. If the incision gets wet, gently dry it with a sterile gauze, then apply the dressing.
- Be very careful handling your pets until your incision is healed. It is recommended that you wash your hands after touching your pets.

GENERAL PRECAUTIONS

- If you feel weak or unsteady, ask a family member to help you ambulate around the house.
- Whenever you sit up or stand, wait a few moments before proceeding to allow your blood pressure to adjust to the new position.

ACTIVITY

- Use the sling as instructed in the office:
 - For a TOTAL shoulder replacement, you should be wearing the sling all the time except when you are doing your exercises.
 - For a REVERSE shoulder replacement, you should use the sling mainly for comfort, and take it off to do tabletop activities (eating, playing cards, using a computer, etc.).
- Avoid extending your elbow behind your body until seen in the office.
- Avoid rotating your hand out past the handshake position until seen in the office.
- Avoid long periods of sitting.
- Do NOT drive or operate machinery until instructed by physician.
- Walk 4-5 times a day, increasing the distance each time.

- During your surgery, the anesthesiologist may have given you a nerve block to control your surgical pain. Once the block has worn off, you should stay ahead of the pain. See the medication list for instructions on which medications to take. Use the red ball provided in your sling to squeeze your fingers a few times every hour.
- Elbow motion is very important after surgery. Every time you take off the sling, bend your elbow all the way, and straighten it out all the way.
- Be careful sitting in low chairs as they can be difficult to get out of after surgery. Chairs with armrests are helpful but you should not use the surgical extremity to help push yourself up.
- Do not lie on the operative side for at least the first 3 weeks after surgery. Lying on the operative side can place undue stress on your new shoulder and could cause soreness. Some patients find it more comfortable to sleep in a recliner for the first 1-2 weeks after surgery.
- A visiting nurse and therapist will be calling you to make arrangements to come to your home. Follow their instructions.
- You will receive an outpatient physical therapy script at your post-operative appointment. Please call the physical therapy office if you have not so already to schedule your first outpatient therapy appointment which should start about 2 weeks after surgery.
- After anesthesia, your lungs may not feel strong enough for the first two to three days after surgery. This can cause a fever and sometimes a lung infection. To avoid that, take several deep breaths every hour to help the lungs stay inflated and to avoid any lung infections. If an incentive spirometer is given to you after surgery, you are encouraged to use it 10 times/ hour for 2 weeks after surgery.

EMERGENCIES

Contact your surgeon or PA at 860-889-7345 if any of the following are present. Alternatively, you can use the Go Health walk in clinic in your area, or call the Orthopedic Nurse Navigator Monday-Friday 7am-3:30pm:

- Unable to urinate within 8 hours following your surgery
- Painful swelling or numbness in your arm
- Rash on skin
- Foul smelling discharge from skin incision
- Unrelenting pain
- Fever over 101 degrees or chills - it is normal to have a low-grade fever for the first day or two following surgery.
- Color change in hand

- Continuous drainage or bleeding from incision (a small amount is expected)
- Excessive nausea or vomiting
- Development of increased pain in your calves or arms

IF YOU HAVE DIFFICULTY BREATHING, HAVE CHEST PAIN OR LOSS OF CONSCIOUSNESS, CALL 9-1-1.

IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY, CALL 9-1-1.

INSTRUCTIONS FOR VISITING PT/OT

- Passive forward flexion of operative shoulder to 90 degrees, external rotation to neutral.
- Active elbow, wrist and hand motion.
- No pendulums
- Avoid shoulder extension and external rotation past neutral.
- For a reverse shoulder replacement, patient may do tabletop activities without a sling.

MEDICATIONS :

- Keflex 500mg every 6 hours. Start at 6 pm day of surgery. Take until finished. Take yogurt and probiotics with it.
- Clindamycin 300mg every 8 hours. Start at 9 pm day of surgery. Take until finished. Take yogurt and probiotics with it

- Ferrous Sulfate 325mg daily. Start morning after surgery. (iron pills to restore your blood levels)
- Gabapentin _____ mg twice a day. Start at bedtime. (nerve pain)
- Methocarbamol 750mg every 8 hours as needed for muscle spasm. Start at bedtime. (muscle spasm)
- Zofran 4mg every 6 hours as needed for nausea and vomiting. (nausea and vomiting)
- Senokot-S one tablet twice a day. Start at bedtime. (stool softener)
- Celebrex 200 mg daily. (anti-inflammatory)

- Tylenol 1000mg (over the counter) every 8 hours as needed for mild pain (pain relief)
- Tramadol 50mg every 8 hours as needed for moderate pain. (pain relief)
- Oxycodone 5mg 1-2 every 4 hours as needed for severe pain. (Narcotics)
- Hydromorphone 2mg – 1-2 every 4 hours as needed for severe pain. (Narcotics)

- Xarelto 10mg daily starting morning after surgery (blood thinner)
- Ecotrin 325mg daily daily starting morning after surgery (blood thinner)
- Lovenox 40mg subcutaneous daily starting morning after surgery (blood thinner)
- Resume your regular dose of Coumadin starting at bedtime on the surgery day. You will need to check your INR regularly to make sure your INR does not exceed the range assigned by your doctor.