

**SHOULDER ARTHROPLASTY POST-SURGERY INSTRUCTIONS - DR.
JUSTIN SCHUPBACH**

WOUND CARE

1. Cryotherapy/ICEMAN (continuous icing machine) protocol: Use 10 to 14 hours per day until follow-up or use ice packs 20min per hour while awake. DO NOT put the ICEMAN pad directly against your skin (use a thin towel/clothing).
2. Remove the bandage & loose gauze 72 hours after surgery. It is then OK to shower UNLESS your incisions are draining. No tub baths, swimming pools, hot tubs, etc. for a minimum of 3 weeks following surgery.

ACTIVITY

3. Sling: wear full time (including sleep) except for showering and exercises (see # 6)
4. Avoid exercising or strenuous activities (other than those outlined in #6) until you are seen for your follow-up appointment.
5. Exercises: Perform all exercises 6 times a day for a minimum of 20 minutes each time (start today or tomorrow): neck, elbow, wrist, hand range of motion. You may also continue any exercises shown to you & reviewed with the Physical Therapist before leaving the hospital.
6. Start physical therapy 3-4 days following surgery as per the PT protocol included with discharge materials. Schedule this appointment ASAP.
7. NO driving while wearing a sling. When going back to driving, be sure to test braking/acceleration maneuvers in an empty parking lot before entry into any traffic areas.

ABSOLUTELY NO DRIVING WHILE TAKING NARCOTICS! (i.e., Tylenol #3/codeine, Norco, Vicodin, Percocet, oxycodone, etc.)!

DISCHARGE MEDICATIONS:

1. Stool softeners such as Colace (Ducosate Sodium) or Senokot-S, 2 tablets: take once a day while taking narcotics. These medications do not require prescription.

2. **Aspirin/ASA 81 mg**, 1 tablet, take once a day for 14 days then stop (to prevent blood clots). Prescription not required. Please avoid taking other anti-inflammatory medications (ibuprofen, Motrin, Advil, Naproxen, Aleve etc.) while taking aspirin. You may ask at your first post-operative appointment if you can start these medications.

3. **Oxycodone 5mg:** ½ to 2 tablets every 4-6 hours as needed based on your pain.

4. **Tylenol (acetaminophen) 500mg:** 2 tablets, 3 times per day (no prescription). Maximum 3000mg in 24hrs from all sources.

5. Check your discharge package and prescriptions to see if any other medications were prescribed for you.

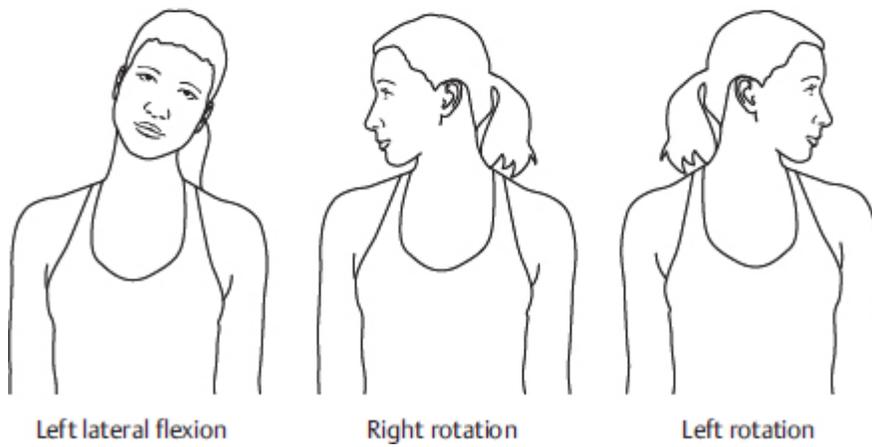
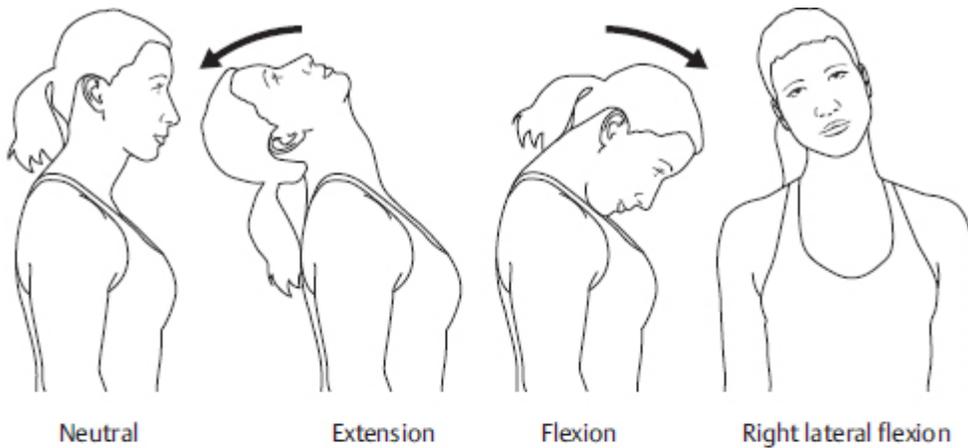
DIET: If no nausea, clear liquids should be taken initially. Then progress to solid foods when clear liquids are tolerated. No alcoholic beverages for at least 48 hours or while taking pain medications. Drink plenty of fluids and eat high fibre foods to prevent constipation while taking prescription pain medications.

FOLLOW-UP: The surgery scheduler should have already called you with your post-op appointment. If not, please call.

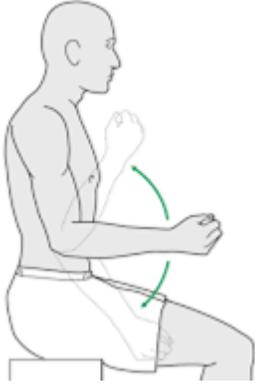
EMERGENCY: Call or return for any fevers (temperature greater than 101°F or sustained fevers greater than 100.5°F that haven't resolved within 3 to 4 days following surgery) or chills, increasing pain, swelling, redness, calf pain, drainage (especially if yellow, green, or foul smelling), excessive bleeding, chest pain, shortness of breath After hours or in an emergency, go to your local urgent care center, the ER or dial 911.

EXERCISES

Neck range of motion



Elbow range of motion



Remove the sling. Sit or stand as comfortably. Without moving the shoulder, move the elbow joint using the unaffected arm for assistance. Keep your arm by your side. Put the sling back on after.

Wrist range of motion

