

# orthoNY

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## **Post-Operative Rehabilitation Guidelines for TOTAL SHOULDER/REVERSE TOTAL SHOULDER**

### **WOUND CARE:**

- Remove outer dressing on post operative day #, keep steri-strips on (white band-aids).
- It is normal for some bleeding to occur, if blood soaks through the dressing do not be alarmed, reinforce with additional dressing.
- Keep surgical incisions clean and dry. Cover with plastic bag or Saran wrap for showering. DO NOT immerse the operative site.

### **MEDICATIONS:**

- If you have had a nerve block, it will wear off in several hours. Start taking the pain medication before the nerve block has lost its effectiveness.
- Take your narcotic pain medication only as needed and refer to direction on the bottle.
- Nausea and drowsiness are common side effects of narcotic medications, to decrease these effects, take medication with food.
- DO NOT drive, drink alcohol or take Tylenol products while taking narcotic pain medications.
- DO TAKE Ibuprofen 600mg (i.e. Motrin or Advil) in between taking narcotic pain medication. Take up to 600mg 3 times daily (1800mg daily). This will reduce swelling and decrease narcotic use.

**ACTIVITY:**

- You will remain in the immobilizer/sling post-operatively until your first follow up appointment. The immobilizer/sling must be worn at all times including sleeping, except for dressing and bathing.
- You may come out of the immobilizer/sling for bathing, dressing and occasionally while sitting in a controlled environment at home to flex/extend the elbow and to perform hand grip exercises. **NO SHOULDER MOTION** until after the first follow up visit.
- When sleeping or resting, reclined positions (reclining chair) may provide more comfort early in the post-operative period.
- No driving until instructed to by your physician.

**ICE THERAPY:**

- Begin immediately after surgery; use a large bag of ice every 2 hours for 20 minutes daily until the first post operative appointment.

**EXERCISES:**

- You may perform gentle range of motion exercises that were reviewed with you at the hospital, as tolerated. Formal physical therapy may start 14 days after surgery unless instructed otherwise.

**EMERGENCIES (CALL THE OFFICE FOR THE FOLLOWING)**

- Painful uncontrolled swelling or numbness
- Fever or chills (Fever over 101°F, it is common to have low grade fever for the first two days following surgery).
- Redness around incisions or color change in extremity.
- Continuous drainage or bleeding from incision site.
- Difficulty breathing or excessive nausea/vomiting.

**\*If you have an emergency after office hours or on the weekend, contact the office at 518-453-9088 and you will be connected to our page service, which will page one of our on-call providers.**

**\*If you require immediate attention, go to the nearest Emergency Room.\***