

POST-SURGERY CARE

Total Shoulder/Reverse Total Shoulder Replacements

The majority of the information on this sheet is included in your pre-op packet, but this is a list of common answers to post-op questions. Your discharge paperwork may also have additional details.

Wound Care

- **Leave** surgical dressing on until your first post op appointment. This is water resistant and does not need covering before showering. **Do not soak** or immerse shoulder in water.
- You may shower the following day after surgery.
- It is normal for some bleeding to occur. **Do not** be alarmed if there is staining on the dressing. If blood begins to leak or pool within the dressing, reinforce with additional dressing (which can be purchased at your local drug store) and contact the office. If it is after hours, please utilize the after hours number (listed below) for further instructions

Ice Therapy

- Begin **immediately** after surgery. Use a large bag of ice every 2 hours for 20 minute intervals daily until your first post operative appointment
- Icing is very important and will help with reducing pain and swelling. Do not be alarmed: swelling and numbness around the incision **is normal**.
- **Ice Machines:** Can either be purchased online or through our office directly. It is **STRONGLY** recommend using an ice machine at home. They are not covered by insurance; however, we find them to be very beneficial for pain and swelling management post-operatively. Contact the office if you are interested in purchasing one.

Medications

- You had a nerve block administered prior to surgery. It will begin to wear off after several hours, the timeframe can vary. **Start** taking pain medication before the block begins to wear off
- **Oxycodone** is typically prescribed for pain control following this procedure. Please follow the instructions indicated on the bottle. This is a narcotic medication and we recommend that you begin to wean off this medication as soon as possible.
- **DO NOT** drink, drive or go to work while using narcotic medication.
- Nausea and drowsiness are common side effects of narcotic medication. To decrease these side effects we recommend taking it with food or a small snack. An **anti-nausea medication** is routinely prescribed as a precaution in case you begin to experience nausea. You can take this as needed.
- Constipation is also another common side effect of narcotic medication. We recommend staying hydrated and purchasing an over the counter stool softener (Docusate/Colace) to aid with this.
- Additionally, you **CAN** also take extra strength Tylenol (Acetaminophen) to help with pain and 600 mg of Ibuprofen (Motrin or Advil) every 8 hours for pain AND swelling. This should be staggered with the narcotic medication.



James Alfandre, MD



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Contact: Michelle, PCS (518) 453-9088

Hours: 8:00am-4:30pm | After Hours Assistance: (518) 489-2663

Pain & Pain Treatment

You **will not** be able to get **prescription refills after hours or on the weekends**. It can take up to 48 hours for a prescription refill to be processed. Please anticipate your needs and contact our office for refills **BEFORE** you run out. We also recommend you wean off narcotics as soon as possible.

Activity

- A shoulder sling/immobilizer was placed on you at the time of surgery. This should remain on until for first post operative appointment, **including** sleeping.
- You **may** remove the sling for bathing, dressing, daily gentle exercises (see exercise below) or occasionally while sitting in a controlled environment at home. **DO NOT** reach, grab or use the shoulder until given further instructions by your provider.
- When sleeping or resting, lying in a reclined positions (reclining chair) may provide some comfort.
- No driving until instructed by your provider.

Exercises

- Sling **CAN** be removed for gentle range of motion exercises. Please refer to shoulder replacement booklet given to you prior to surgery.
- Several times daily **remove sling** to work on gentle flexion/extension of the elbow and hand grip exercises. **ALL** other exercises can be performed as tolerated.
- Please hold on scheduling formal physical therapy until instructed by your provider.

Emergencies

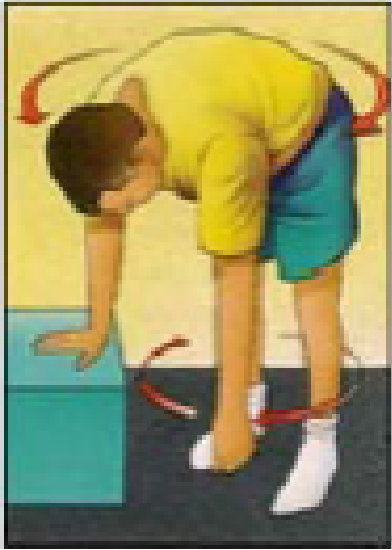
- Please **call the office** for the following:
 - Uncontrolled pain, swelling or numbness
 - Fever or chills (Fever over 101 degrees Fahrenheit: **low grade fevers** are common for a few days following surgery)
 - Redness around the incision/dressing or color change in the extremity
 - Continuous drainage or bleeding from the incision site
 - Difficulty breathing or excessive nausea/vomiting

Questions? Call our office **FIRST** if you have any questions regarding swelling, pain, your medications, your incision or just general questions. Going to the Emergency Room is a slow process and usually ends up with you having to contact our office after the visit anyway. We want to do whatever we can to make your recovery as smooth as possible!

OrthoNY Urgent Care: Orthopedic urgent care walk-in services are available:

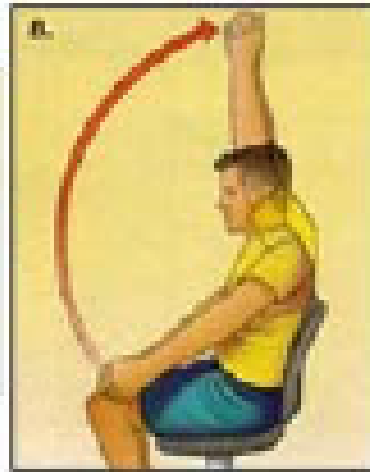
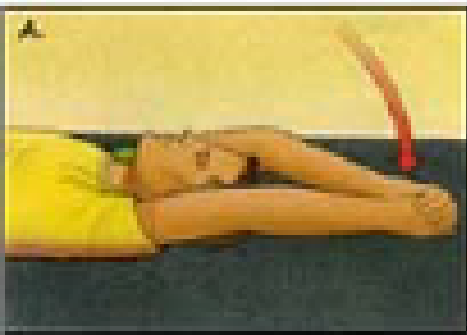
- **Clifton Park:** 1768 Route 9, Clifton Park, NY 12065
(Hours: M-TH: 8am-7:45pm, F: 8am-5:45pm, Sat/Sun: 8am-1: 45pm)

Pendulum, Circular



- Bend Forward 90 degrees at the waist, using a table for support.
- Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.
- Do 3 sessions a day

Shoulder Flexion (Assistive)



- Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible.
- Repeat 10 to 20 times.
- Do 3 sessions a day.

Supported Shoulder Rotation



- Keep elbow in place and shoulder blades down and together. Slide forearm back and forth.
- Repeat 10 times.
- Do 3 sessions a day.