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Post-Operative Patient Instructions
Shoulder Replacement (Reverse Total Shoulder Arthroplasty and
Total Shoulder Arthroplasty)

MEDS: You will be given prescriptions for pain medicine and antibiotics. Have these filled at your pharmacy. The antibiotics are to be started when you get home from the hospital and the entire bottle should be completed. The pain medication may be taken every 6 hours for pain if needed. Unless contraindicated, anti-inflammatories (NSAID's) are also recommended to help with pain and swelling. While taking the narcotic pain medicine do not drive.

ICE: An ice pack should be used regularly after surgery for 20 minutes at a time, this will help reduce swelling and pain. Using ice regularly will help with less narcotic use.

WOUNDS: The incision may be sore and your entire arm may develop bruising over the next several days. This will go away and no special care is needed. You can remove the surgical bandage 2 days after surgery. The wound will have skin glue covering the incision. Do not peel this off, it will come off on its own. There is no need to put a new bandage on.

BATHING: It is safe to shower 2 days after surgery. To shower, remove the sling and leave your arm by the side. To wash underneath your armpit, lean forward and allow your arm to gently fall away from your body. Wash the incision with regular soap and water. Do not submerge the wound under standing water.

ACTIVITY: You will have a sling to support your arm. When you are at home, you may come out of the sling to move your hand, wrist, and elbow as much as you want. You can use your hand to write and eat as long as there is no pain. You only need the sling on when you are sleeping and when you go out in public. Do not lift more than 1 pound with your operative arm. Do not use your arm to rise from a chair or lean on your elbow.

CAUTIONS: If you develop a temperature, a significant rise in pain that does not get better with medication, or notice redness or drainage from your wound, please contact the office.

NEXT APPT: Call the office to make your post-op appointment 7-10 days after surgery.

Nurse Signature

Date

Patient Signature

Date