

## **Shoulder Replacement Discharge instructions:**

### ***General Instructions***

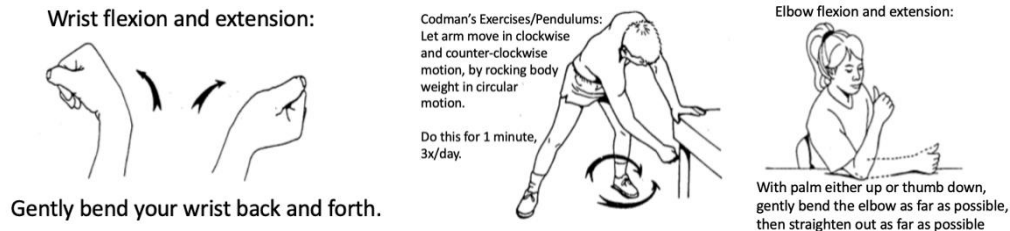
- You will be in a sling at all times for a minimum of 4 weeks. You may remove the sling to shower, do your home exercises, and when you are in physical therapy. Physical therapy will be coordinated at your first post-op appointment, to be started at 4-6 weeks post-operatively.
- You will sleep in your sling - recliners or propping up with pillows works best.
- No active motion of the arm.
- Elevate the operative extremity when you are resting to help minimize the swelling
- Use ice to help control the swelling and pain. DO NOT USE HEAT – this will increase the swelling.
- Call the office if you develop fevers (over 100.5) or chills.
- You should have an office appointment about 7-14 days following your discharge. If you do not please call 775-786-3040.

### ***Wound Care***

- You received a sealed dressing that contains antibacterial properties. This may remain in place until your first follow up appointment. Your incision was closed using sutures and steri-strips. These should remain in place after removing the dressings. Do NOT peel the steri-strips off or trim the sutures.
- You may begin showering 2 days after your surgery WITH YOUR DRESSING IN PLACE. This is a sealed dressing, so you may allow water to run over the dressing. Do NOT soak the wound in a bath, hot tub, jacuzzi, or pool.
- Do not use ointments or creams on the incision.
- Keep the incision clean and dry. Any drainage from the incision should be reported to the doctor immediately.
- You may notice some bruising around the incision and into the operative extremity. This is not uncommon and should begin to go away within the first 2 weeks after surgery.

### ***Activity***

- Estimated return to work varies depending on the demands of your job. Some ambitious patients return to desk jobs / administrative type work as early as 1 week after surgery (but usually more like 1 month). For active labor or heavy labor, it may take 4 to 6 months to return to work.
- You may begin gentle exercises twice per day as tolerated. Do NOT push through pain if these are uncomfortable.
- **Shoulder "pendulums"**: lean your upper body forward and allow your arm to hang down. Slowly and gently move your upper body, allowing your shoulder to make small circles.
- **Elbow/wrist range of motion**: flex and extend your elbow and wrist 15 times slowly and gently to prevent stiffness.



- You cannot drive while in the sling (for the first 6 weeks)

**Medications**

- We use multiple medications (multimodal) to control pain after surgery. Below you will find these medications described in a table format. For the first 3 days, you will take tylenol and ibuprofen every 8 hours, unless you have a specific contraindication or develop side effects (stomach irritation, etc.). Gabapentin helps with pain and makes you drowsy, so this will be taken before bed for 5 days. These medications should have been prescribed before surgery for you.

Medication	Dose	Frequency	Duration
Tylenol	1000mg (2 tablets)	Every 8 hours	First 72 hours after surgery, then as needed
Ibuprofen	600mg (1 tablet)	Every 8 hours	First 72 hours after surgery, then as needed
Gabapentin	300mg (1 tablet)	Every night before bed	First 5 days after surgery
Oxycodone	5-10mg (1-2 tablets)	Every 4-6 hours	As needed

- You were also prescribed a short acting, narcotic pain medication. It is recommended that you begin to wean off of this medication as soon as you are able to after surgery.
- You will not be discharged from the hospital with any antibiotics unless there are specific concerns regarding infection.