

Reverse Shoulder Replacement

Discharge Instructions

Dr. Hinz

CATHETER

- The pain catheter in your neck will dispense medication for up to 3 days from your surgery. If the tube falls out or stops working, you may pull it out earlier.
- You may remove the catheter by gently pulling on the tube. You may experience a light amount of blood discharge from the area. Apply pressure to the area with a sterile 4x4 until the drainage stops. Cover with bandage for 1 day then remove bandage.

WOUND CARE and DRESSING

- Your incision will be covered by a water proof dressing.
- You may notice a small amount of blood on the dressing, this is normal and of no concern.
- If the dressing becomes soaked from fluid from the incision, you may call the office to schedule a tech visit for a dressing change if it is *within the first (14) days of your surgery*.
- If it is after 14 days, you may remove the dressing. **DO NOT REMOVE** the tape over the incision. Until follow up at the 2 week appointment.
- Bruising in the arm and along the chest wall is normal. You may experience swelling down into your hand.
- Use the Polar Care Machine for the first (3) days to help reduce swelling and control pain. Be careful not to apply the cold pack directly on your skin. After 3 days you may use the ice pad as needed and/or after arm activity.

SHOWERS AND ACTIVITY

- You may shower and run water over the water proof dressing.
- Do not submerge the surgical area or go into a pool.
- You may remove the sling anytime for elbow and wrist range of motion. **Otherwise sling on at all times until post op visit.** You will find a Lazy Boy chair is more comfortable than your bed, either one is fine.
- While at home you may have the sling off completely as long as you do not actively use your arm to pull away from your body or rotate your arm in or out against resistance.
- **You may move your shoulder anywhere you want except behind your back.**
- Do not load any weight on the arm while getting out of bed or up from a chair.
- You may lift up to (1) pound of weight with your surgical hand.
- You may use the arm to wash your face, shave, to cut your food, write or type.
- Use your nonsurgical hand to grab the surgical hand to help the arm move.

- Use your nonsurgical hand to wipe yourself post bowel movement.
- **Driving** – You may drive when you are able to turn the steering wheel with both hands. **You can not drive while taking narcotic medications.**
- **If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.**

MEDICATIONS AND CONSTIPATION

- Start aspirin 325 mg tablet. 1 tablet every day for 30 days.
- Start CeleBREX 200 mg capsule. 1 capsule 2 times a day for 30 days.
- Start gabapentin 300 mg capsule. 1 capsule 2 times a day for 7 days.
- Start Tylenol Arthritis Pain 650 mg tablet, extended release. 1 tablet every 8 hours for 14 days.
- Start ondasterone 8 mg disintegrating tablet. 1 tablet 2 times a day as needed for 14 days.
- Start doxycycline hyclate 100 mg tablet. 1 tablet 2 times a day for 14 days.
- Avoid taking too much Tylenol either within your pain medication or over the counter Tylenol. ***You should not exceed more than 3000 mg of Tylenol within 24 hours.***
- Pain medication tend to constipate you. Drink Plenty of water 8 glasses a day with Miralax dose OTC.

Please contact the Associated Orthopedists of Detroit if you have any concerns or questions:
586-412-1411 or 586-779-7970.