

Total Shoulder Replacement

Post Op Instructions

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.

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 (7) days of your surgery*.
- If it is after 7 days, you may remove the dressing. **DO NOT REMOVE** the steri strips over the incision.
- 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.
- After 7 days, you may shower and gently wash the area of the surgery. **DO NOT PUT** anything on the wound.
- You may remove the sling anytime for elbow and wrist range of motion.
- 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 should wear your sling outside of your home for safety.
- Do not load any weight on the arm while getting out of bed or up from a chair.
- Do not lift any weight with your arm.
- 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** – Legally you will not be able to drive for 6 weeks for two reasons. (1) You will not be able to hold the steering wheel with both hands. (2) You can not drive while taking narcotic medications.

MEDICATIONS AND CONSTIPATION

- You will be sent home with pain medication, stool softener and nausea medications.
- You may take Motrin in between your pain medication, if necessary.
- Avoid taking too much Tylenol either within your pain medication or over the counter Tylenol. *You should not exceed more than 3000mg of Tylenol in 1 day.*
- Pain medication tends to constipate you. Drink plenty of water or warm juices as needed.
- Take the stool softener prescribed. If your insurance does not cover the stool softener you may take over the counter SENEKOT or Magnesium Citrate.
- If you do not have a bowel movement within 3 days take Ducolax or Magnesium Citrate.
- If a refill is needed, please call the main number of the office. You will be prompted to the medication refill line (option #3). Please leave your full spelling of name, birth date, medication name/s, pharmacy and number.

Please contact the office if you have any further questions or concerns. 586-773-1300 or 586-416-1300. An Orthopedic Technician will be able to assist you.