



WHAT TO EXPECT WITH YOUR 'SHOULDER REPLACEMENT' SURGERY:

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND WHEN POSSIBLE ASK FOR CLARIFICATION IF FROM YOUR NURSE OR DOCTOR BEFORE LEAVING THE HOSPITAL.

***PLEASE DO NOT EAT ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO SURGERY.**

- **OK to drink clear fluids up to do hours prior to surgery:**

- Gatorade (recommended)
- Apple juice
- Black coffee (no creamer/or milk)
- Tea

DAY OF SURGERY:

- Prior to beginning the operation the anesthesiologist may give you a nerve block (in addition to your general anesthesia) to help decrease the post-operative pain. This pain block typically lasts 12-24 hours after surgery.
- It is important to take your oral post-operative home pain medications prior to the block wearing off. Please understand that it is normal to often experience more pain in the middle of the night or the following day, as this is the expected course of the nerve block wearing off.
- It is recommended that you "stay ahead" of the pain, and take a pain medication tablet when you get home and/or prior to going to bed.

OUTPATIENT OR HOSPITAL STAY:

- Most patients feel comfortable to go home the day of surgery. Majority of patients are able to be discharged home after a couple of hours in the recovery room. Few patients will be admitted to the hospital for 1 night for post-operative care.



PAIN CONTROL:

- **It is normal to** have swelling and discomfort in the shoulder for 5-6 weeks after surgery.
- **It is normal to** have some discoloration of the skin around the incision. You may also note some swelling in the chest, arm and hand. This may last for 3-4 weeks after surgery.
- **Apply ice bags to control swelling.** Ice should be applied 20-30 minutes at a time, every hour or two; put a thin towel or T-shirt next to your skin if using ice in a plastic bag. Icing is most important in the first 48-72 hours, although many people find that continuing it beyond that lessens their pain.
- Many patients find that lying down increases their discomfort. You might sleep better in a recliner, or propped up in bed. Many patients find it more comfortable to sleep in a recliner the first 6 wks after surgery. A pillow placed behind your elbow may also help.
- **Take your medications as directed.**

POST-OP MEDICATIONS:

You will be given the following prescriptions at the pre-op visit for use after surgery:

*Please fill them out prior to surgery so they will be available to you post-op.

o **Percocet 10/325 mg (narcotic):** take 1-2 pills as needed every 6 hours. *The narcotics are usually needed for the first 2 weeks after surgery. After that, if pain is still an issue another non-narcotic pain medication (Tramadol) will be provided in addition to Tylenol, NSAIDs for pain control.

o **Mobic 15mg (NSAID: anti-inflammatory):** take 1 pill every 12 hours (first 2 weeks)

o **Colace 100mg (stool softener):** take 1 tab 2-3 times a day while taking the pain medications as these often make patients constipated.

o **Zofran 4mg (anti-nausea):** take 1 tab every 6 hours as needed for nausea (can be a side-effect after anesthesia)

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**



DAY 1 - TO FIRST POST-OP VISIT:

DRESSINGS:

- You will be given a water-proof dressing that will stay on until you are seen 2 weeks after surgery.
- **At 2 weeks** you will be seeing a Physician Assistant that will remove the dressing.
- **You may shower on Post-Op Day #3.** Please avoid/minimize getting the dressing wet.
- **You may remove the sling for showering,** but keep a water resistant pillow under the arm to keep both the elbow and shoulder away from the body (mimicking the abduction sling). Gently pat the area dry.
- **DO NOT** soak the shoulder in water.
- **DO NOT** go swimming in the pool or ocean until your sutures are removed.

REHAB:

- **Remove your sling 2-3 times a day to exercise** and move your fingers, hands, wrist and elbow. *This will help reduce the swelling.
- **Physical Therapy will usually start approximately 2-3 weeks after surgery** depending on the type of surgery and repair you had done. This will be confirmed at your first post-op follow-up.
- Please refer to the **MyhealthTrack mobile application** to start your rehab process starting on the first day after surgery
- In-person Physical Therapy should start approximately 2 weeks after surgery.
- You can combine both in person physical therapy and MyhealthTrack to get the most out of the rehabilitation process.
- **Please confirm** that your in person physical therapy appointment is scheduled by calling 818-719-2930.



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PATIENT EDUCATION RESOURCE

FOLLOW-UP:

- Schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
- If you develop a Fever (>101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- **Plan to take a few days off work.**
- Rest is a key element to recovery. Don't overdo it!
- Driving is usually safe 4 weeks after surgery

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS or QUESTIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**

Have a speedy recovery!

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