

Instructions Following TOTAL SHOULDER REPLACEMENT

1. **DRESSINGS:** After 3 days you may remove dressing and shower. After shower apply clean, dry, dressings over the wound. In some cases, there will be paper strips over the wounds. Allow those to fall off on their own over a ten-day period.
2. **BLEEDING:** In some cases, oozing at the point of incision does persist for several hours. If this should persist beyond this amount of time please contact our office.
3. **SWELLING:** Swelling is commonly experienced after the surgery. The use of ice packs over the affected hip improves the swelling and gives pain relief.
4. **RELIEF OF PAIN:** Use over the counter anti-inflammatory consistently for the first 3 days after surgery. Be sure to take the anti-inflammatory with food. You have been prescribed pain medication. Start your pain medicine as soon as you feel discomfort. One to two tablets should be used every 3 to 4 hours as necessary. Hopefully, in a short period of time you will be able to use over-the-counter medications alone.
5. **DIET:** The day after surgery, drink lots of fluids and eat soft, nutritious foods. An adequate diet is essential for the healing process. Constipation is common due to use of narcotics and decreased activity. Start taking stool softeners right away after surgery until off the narcotics.
6. **NAUSEA AND VOMITING:** Although unusual, both can be experienced after anesthesia. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise, it is usually alleviated with a clear liquid diet.
7. **DROWSINESS:** After anesthesia, drowsiness may persist for quite a while. It should cause no undue concerns. Do not drive until you feel clear-headed.
8. **SLING:** During the first few weeks, a sling should be kept on when going out in public and/or for comfort purposes. The use of the arm is encouraged for daily activities, including eating, brushing teeth, computing. Avoid movement of the elbow away from the side of the body.
9. **FREQUENTLY ASKED QUESTIONS:**

How long does the surgery take?

About two hours.

How long will I be kept in the hospital/surgery center?

Usually one day or less. If you are comfortable, you may go home the day of surgery.

Do I need someone with me?

You will need to have someone available to take you home as you will be under the influence of prescription medication and will not be able to drive.