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## **Postoperative Instructions – Shoulder Replacement**

**MEDICATIONS:** You will be given multiple medications to control pain after surgery (see attached sheets). If you have an OnQ pain pump, you may not need to take the oxycodone. If you do not have a pain pump, take oxycodone as directed for 2 days, then start to decrease as tolerated. This prescription is expected to cover your entire post-operative course. You should resume taking all of your home medications.

**DRESSING:** After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1.5 to 2 weeks and will slowly peel off. You should leave incision uncovered if there is no drainage.

**SHOWERING:** You may shower 48 hours after surgery. Do not scrub your incision; just let water run over it. Pat the incision dry. **DO NOT** immerse in a tub or pool for 7 – 10 days to avoid excessive scarring and risk of infection.

**CRYOCUFF/ICE:** Keep cryocuff on at all times, exchanging or refilling with cold water every hour while awake. Icing is very important to decrease swelling and pain and improve mobility. After 24 hours, continue to use the cuff a minimum 3 – 4 times a day, 20 minutes each time.

**SLING:** You must wear your sling at all times (including sleeping), unless doing your exercises or showering.

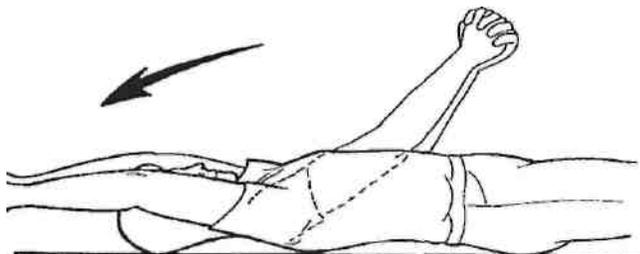
**ACTIVITY:**

- You should rest after surgery
- No driving for 6 weeks
- Post-operative appointment will be the week following surgery.

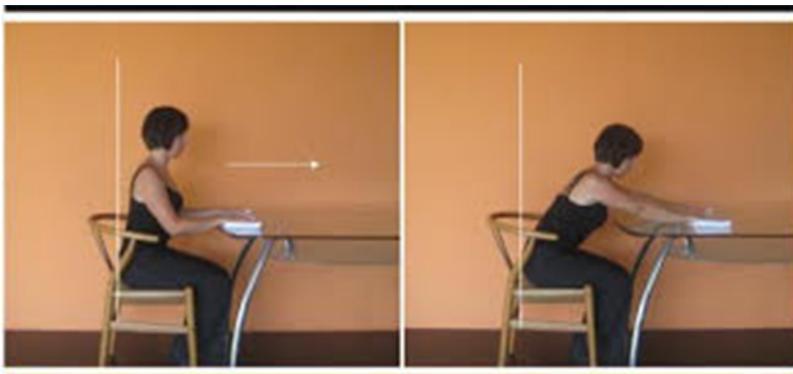
**If you experience severe pain that your pain medication does not help, or have a temperature over 101.5°, please contact our office (617) 525-3427.**



## Shoulder Exercises



1. Hold 10 seconds
2. 5 repetitions, 5 times per day
3. Need to get arm to your ear (as in the picture) within 2 weeks of surgery



1. Sit in a chair with your operated arm on table as shown, with hands together
2. Bend forward in the chair, sliding the arm forward on the table, so that you feel a stretch
3. Hold 10 or more seconds
4. 3-5 repetitions, 3-5 times per day



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## **Information Related to Your Shoulder Replacement**

### **For the 1<sup>st</sup> 6 weeks:**

- If you were taught your home exercises by physical therapy before surgery, you can start doing them the day after surgery. If you did not, these will be taught to you after your first post-operative appointment and they can be started at that time.
- Do your exercises 5 times a day, every day. Space them out throughout the day.
- Lift nothing with your operated arm.
- Wear your sling at all times (unless showering or doing exercises)
- Don't pull your arm inward forcefully – like giving someone a one-armed hug with your operated arm, or slamming a car door and don't let your arm rotate outwards!

### **For the 2<sup>nd</sup> 6 weeks:**

- You are only half way healed and still need to protect shoulder.
- You can stop wearing your sling, except if walking in snow/ice or in uncontrolled environments (crowds, with children, animals)
- Do your exercises 2 times per day, every day. If you received new exercises at your visit to your surgeon, add those to the ones you are already doing.
- Lift nothing more than a cup of coffee (1 pound) with your operated arm.
- No pushing/pulling

### **After the 1<sup>st</sup> 12 weeks:**

- Do your stretching exercises once daily, every day, forever. This will avoid your shoulder becoming stiff and less functional in the future.
- Gradually use your arm for increasingly heavy activities. Don't suddenly try to lift something heavy, rather lift something a little heavier each week so that you are gradually increasing the stress to your shoulder.



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## Managing the routine post-operative swelling of your shoulder, arm, & hand after shoulder surgery



It is very usual to have swelling throughout your arm after shoulder replacement surgery. This swelling also makes your arm discolored - at first blue and black, and as it resolves, it becomes more greenish and yellow.

We want you to help resolve this swelling. There are several ways you can help with this.

- Squeeze the ball for 3-5 minutes, 5-10 times a day for the first 2-3 weeks following your surgery.
- 1-2 times per day, lie down, on your back, and raise your operated arm up on a couple of pillows so that your whole arm is above the level of your heart. This is also a good time to squeeze the ball. Stay in this position for 20-30 minutes.

If your arm gets bigger instead of very gradually getting smaller, please contact our office at the number below.