



Jonathan R. Puposar, MD

ANATOMIC SHOULDER REPLACEMENT

Post-Operative Instructions

Pain Control and Ice

- A pain medication prescription will be provided prior to discharge.
- You may take the prescribed medication as directed.
- Please take **ONE ASPIRIN 81 MG PO BID X 3 WEEKS** for DVT prophylaxis
- Patients often only need prescription narcotics for a few days following the surgery and then can switch to over-the-counter medications such as Tylenol, Advil, or Ibuprofen.
 - 1) While taking narcotic medication, you may become constipated. If this occurs then you should take a stool softener (Ex: Colace, Senna) which can be purchased over the counter.
- Ice bags should be utilized to decrease swelling and pain. Ice should be applied to the shoulder up to three times a day for 20 minute periods until swelling subsides

Wound Care

- If there is bleeding through the bandage, reinforce it with additional dressings.
- Please keep your dressing on until follow-up with Dr. Puposar
- Showering is acceptable after 48 hours. You may get the wounds wet but do **NOT** scrub the incision sites.
- No swimming or tub bathing until cleared by Dr. Puposar at your first post-operative appointment

Rehabilitation/ General Post-Op Care

- Please schedule Physical Therapy to begin 1 week following surgery
- Your sling is for comfort. You may remove it to shower, bathe, and perform your elbow, wrist, and hand exercises. You may discontinue its use when you feel comfortable.
- **YOU ARE NOT ALLOWED TO INTERNALLY ROTATE YOUR ARM BEHIND YOUR BACK**
 - 1) Keep your arm in front of you at all times or across your body. Do **NOT** reach out to the side (away from your body)
- Your first post-op appointment is 10-14 days following surgery. This is usually scheduled at your pre-operative visit. If not, then please call the office to schedule
- You may drive once you establish control of your operative extremity. You may not drive under influence of pain medication.

Important Notes

- Peri-incisional numbness should be expected after any skin incision. Even the small incisions used for a shoulder arthroscopy.
- Call office for Temperature >102 degrees, excessive swelling, pain or redness around the incision sites

EARLY POST-OPERATIVE HOME EXERCISES

Start the following exercises as soon as you are able. You may feel uncomfortable at first, but these exercises will speed your recovery and actually diminish your post-operative pain.

Repetitions per set: 20

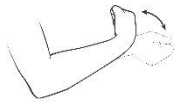
Sets of each exercise: 3

Sets per day: 3

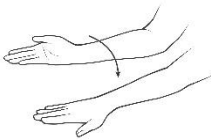
- Open and close your hand.



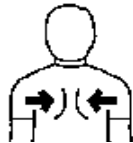
- Bend your elbow and wrist up and down.



- Turn your palm up and down in a motion similar to turning the pages of a book.



- Pinch your shoulder blades together and hold.



- Shoulder pendulums.



