



ORTHOPEDIC PARTNERS

EST. 1957

Kenneth Paonessa, M.D.
Michael Halperin, M.D.
Gabriel Abella, M.D.
Mohammad Pasha, M.D.
Tarik Kardestuncer, M.D.
Ammar Anbari, M.D.
Nicole Arcand, M.D.
Scott Stanat, M.D.
R. Justin Thoms, M.D.

Steven Wei, M.D.
Jonathan Piposar, M.D.
Emily Vafek, M.D.
Nimit Patel, M.D.
Peter Wagner, M.D.
Oksana Zhivotenko, D.O.
Daniel George, M.D.
Biren Chokshi, M.D.

Erik Frazier, MHA, CEO

Jonathan R. Piposar, MD

SHOULDER ARTHROPLASTY

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

- Please keep your waterproof dressing on at all times
- Showering is acceptable after 48 hours. You may get the dressing wet
- No swimming or tub bathing until cleared by Dr. Piposar 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 EXTERNALLY ROTATE YOUR ARM PAST NEUTRAL**
 - 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

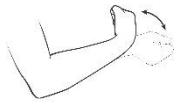
Sets of each exercise: 3

Sets per day: 3

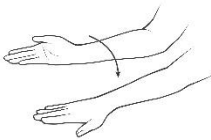
- Open and close your hand.



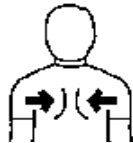
- Bend your elbow and wrist up and down.



- 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.

