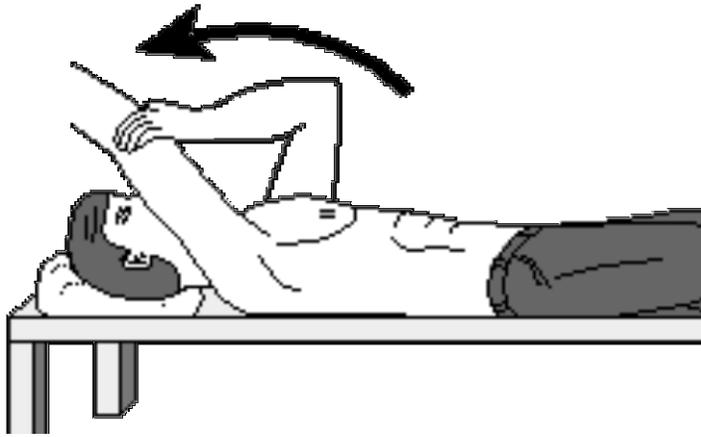


## **Benjamin Sears, MD**

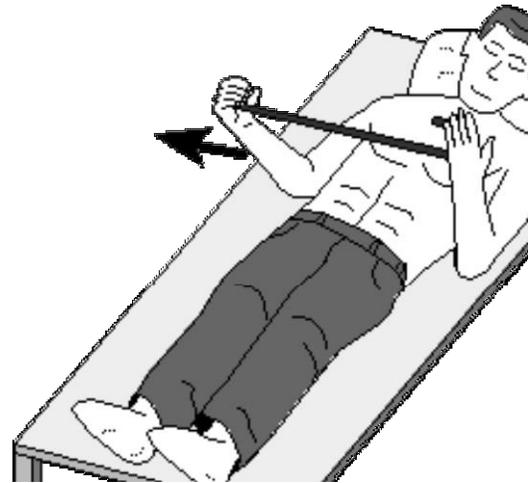
### **Discharge Instructions after Total Shoulder Arthroplasty**

- A sling has been provided for you. Remove the sling 3 times each day to perform motion exercises. You should use the sling as a protective device.
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Pain medication has been prescribed for you. Use your medication liberally over the first 48 hours, and then begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn.**
- You may shower immediately after surgery if you have a clear waterproof dressing on (standard). The incision CANNOT get wet prior to 5 days. Simply allow the water to wash over the dressing and then pat dry. Make sure your axilla (armpit) is completely dry after showering.
- You may remove your dressing after five days. You will have steristrip stickers over the wound, leave these on until they fall off after around 14 days. These can get wet 5 days after the surgery.
- Aspirin has been prescribed to prevent blood clots. Take one 325mg tablet daily. If another medication has been prescribed for blood clot prevention, take this medication as directed by your medical clearance physician and not the aspirin.
- Active reaching and lifting are not permitted. You may use the operative arm for activities of daily living that do not require the operative arm to leave the side of the body, such as eating, drinking, bathing, etc.
- 3 to 5 times each day you should perform assisted overhead reaching and external rotation (outward turning) exercises with the operative arm. You were taught these exercises prior to discharge. Both exercises should be done with the non-operative arm used as the "therapist arm" while the operative arm remains relaxed. Ten of each exercise should be done three to five times each day.



and then work up to where you can hold it for a count of 30. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times, trying to help the arm up a little higher each time.

External rotation is turning the arm out to the side while your elbow stays close to your body. External rotation is best stretched while you are lying on your back. Support the elbow with a pillow. Hold a cane, yardstick, broom handle, or dowel in both hands. Bend both elbows to a right angle. Use steady, gentle force from your normal arm to rotate the hand of the stiff shoulder out away from your body. Continue the rotation as far as it will go comfortably, holding it there for a count of 10. Repeat this exercise ten times.



Please call (303) 321-1333 for any problems. Including the following:

- excessive redness of the Incisions
- drainage for more than 4 days
- fever of more than 101.5 F

Please call (303) 321-1333 to make a follow-up appointment if one has not already been made. You should see the doctor **10-14** days after your surgery.

