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Shoulder Replacement: Postoperative Instructions
Dr. Stephen Shively

Pain control:

Typically, we will prescribe a narcotic. Usually 1-2 tabs every four hours is sufficient for the pain. Most patients need this only for the first few weeks. You should discontinue this as the pain decreases. Some of these medications contain a large dose of Tylenol (acetaminophen). Therefore, you should consult your pharmacist before taking any additional Tylenol at the same time.

You should not drive while taking any narcotic pain medications.

No pain medications refills can be provided after 3pm on Fridays or over the weekend.

Constipation:

Pain medicines and anesthesia can be constipating-this can be prevented by gentle physical activity and drinking plenty of fluid. It should be treated with over-the-counter medications such as Miralax or suppositories, and/or Fleets enema. You should have a bowel movement at least every other day following surgery.

Incision care:

- You may shower with your dressing on immediately after surgery.
- Keep this area clean and dry.
- DO NOT rub the incision.
- DO NOT take a tub bath or go swimming until cleared by your doctor.
- DO NOT apply lotions, oils, or creams to incision.
- Dressing may be removed and left open to air 7 days after surgery. If there is any continued drainage or bleeding, change the dressing each day with a dry sterile dressing and tape until dry.

To increase and promote healing:

- Stop Smoking (or at least cut back on smoking).
- Eat a well-balanced diet (high in protein and vitamin C)
- If your appetite is poor, consider nutritional supplements like Ensure, Glucerna, or Carnation Instant Breakfast.
- If you are diabetic, controlling your blood sugars is very important to prevent infection and promote wound healing.
- Take over the counter Vitamin D – 5,000 IU Daily

Nutrition:

- If you were on a supplement such as Ensure or Glucerna) while in the hospital, please continue using them with each meal for the next 30 days.
- Eat a well-balanced diet - High in protein, high in vitamins and minerals, especially vitamin C and zinc.

Physical Activity:

- NO DRIVING until told to do so.

Total Shoulder Protocol:

- Wrist, hand, and elbow range of motion.
- Active assist with elevation as tolerated.
- Ambulate in Hallway
- Only restriction is No external rotation past 30 degrees
- Sling is optional

Warning Signs: Please call your physician immediately at 317-477-6683 if you have:

- Bleeding from incision that is constant.
- Change in mental status (unusual behavior or confusion)
- If your incision develops significant redness or swelling
- Change in wound drainage (increase in amount, color, or foul odor)
- Temperature over 101.5 degrees Fahrenheit
- Pain, Tenderness, or redness in the calf of your leg
- Increased swelling of the thigh, ankle, calf, or foot.

Emergency: CALL 911 if you have:

- Shortness of breath
- Chest pain
- Localized chest pain when coughing or taking a deep breath

Follow-up:

Please call Dr. Shively's office for a follow up appointment in 10-14 days at 317-477-6683

You can return to work when cleared by a physician

I have read and understand the above discharge instructions.

Patient or Responsible Party

Date

RN