

POSTOPERATIVE INSTRUCTIONS

Total Shoulder Arthroplasty

Wound Care:

- It is normal for the shoulder to bleed and swell following surgery – if blood soaks into the bandage, do not become alarmed – reinforce with additional dressing.
- Remove surgical dressing on the 7th postoperative day and apply waterproof Band-Aids over incisions and change daily.
- Please maintain steri-strips in place
- You may shower the day after surgery with your dressing in place.
- Do NOT submerge the operative shoulder until 14 days after surgery

Icing:

- Icing is very important for the first 5-7 days after surgery.
- Use an ice machine continuously or ice packs every 2 hours for 20 minutes daily until your first postoperative visit.
- Do not place the ice bag or cooling device directly on the skin. Care must be taken to avoid frostbite to the skin

Activity:

- Wear your sling at all times and do not move your shoulder. This is crucial for proper healing.
- Gentle range of motion of your hand and elbow is encouraged.
- While exercises are important, don't overdo it. Common sense is the rule. Increased swelling and/or pain is usually an indication you're overdoing it.
- Start physical therapy within 1-3 days. Please take the attached physical therapy protocol with you to your first physical therapy appointment. If one is not attached, please contact Dr. Glomset at ortho@jtglomsetmd.com
- When sleeping or resting, inclined positions (ie: reclining chair) and a pillow under the forearm for support may provide better comfort **STILL IN SLING**.
- NO driving until instructed otherwise by physician.

Medications:

- Do not drive a car or operate heavy machinery while taking narcotics
- You have been prescribed a narcotic for pain control. This is to be used for a short time period.
 - o Take 1 tablet every 4-6 hours as needed
 - o Max of 12 pills per day
 - o Plan on using 2-5 days, depending on the level of pain.
- Celebrex 200mg should be taken twice daily for 2 weeks, unless contraindicated.
- Acetaminophen 1,000 grams should be taken every 6 hours for the first 7 days
- Common side effects include nausea, drowsiness and constipation. Take medication with food to decrease side effects.
- **You should take an aspirin (81m) daily for 2 weeks.** This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of the calf or ankle, please contact us.

- You should resume your normal medications for other conditions the day after surgery. You may not drive or operate heavy equipment while on narcotics. It is important not to drink while taking narcotic medication.

Diet:

- Resume normal diet as tolerated this evening. We have no specific diet restrictions after surgery, but extensive use of narcotics can lead to constipation. High fiber diets, lots of fluids and muscle activity can prevent this occurrence.
- The anesthetic drugs used during surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids. The only solids should be dry crackers or toast. If the nausea and vomiting become severe or you show signs of being dehydrated (lack of urination), please call.

Emergencies:

- Contact Dr. Glomset or his nurse at 405-885-8195 or by email ortho@jtglomsetmd.com if any of the following are present:
 - o Difficulty breathing
 - o Painful swelling or numbness
 - o Unrelenting pain
 - o Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
 - o Redness around incisions
 - o Color of lower extremity
 - o Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - o Excessive nausea/vomiting

**If you have an emergency after office hours or on weekends, call 405-272-8400 and you will be connected to our page service – they will contact Dr. Glomset or one of his partners if he is unavailable.

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room or call 911.