



Lee A. Kaback, MD
Shoulder and Elbow Surgery

Post Operative Instructions for Total Shoulder/ Reversed Shoulder Replacement

Wound Care

To avoid infection, keep incisions clean and dry. Do not remove dressing until post operative day three. Apply clean dressings over the incision daily – large band-aids. Keep small white strips clean, dry and in place.

Bruising down into the elbow and chest wall is not uncommon.

Showering

_____ NO SHOWERING ALLOWED

_____ Showering is allowed with plastic covering the wounds. Carefully remove your shoulder sling before showering. DO NOT immerse your incisions under water. This means NO baths, swimming, or hot tubs of any kind for at least three weeks after surgery.

Ice Therapy

Icing is very important for the first 10-14 days after surgery. Begin immediately after surgery. Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit; remember to keep arm supported while icing. Care must be taken with icing to avoid frostbite to the skin. To avoid frostbite, place a T-shirt between the ice and your skin.

Sling

Wear your sling at all times, including sleep, except when showering or performing exercises (see below). It is important to remove it several times a day to move your elbow, wrist, and hand .

Eating

The anesthetic drugs used during your surgery may cause nausea for the first 24-48 hours. If nausea is encountered, eat and drink only clear liquids (i.e. Sprite or 7-up, jello, and soup). The only solids should be dry crackers or toast. If nausea and vomiting become severe or if there are signs of dehydration please call the office. You may progress to your normal diet if you are not nauseated.



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Driving

NO driving until instructed otherwise by physician.

Medications

Most patients will require some narcotic pain medication (such as OXYCODONE) for a short period of time. Take these as prescribed. Also a short course of anti-inflammatory Ketorolac may be prescribed. Taking pain medication before bedtime will assist in sleeping. It is important not to drink or drive while taking narcotic medication. You can supplement the narcotic medications with 200 mg or 400 mg of ibuprofen every 4-6 hours- after the ketorolac prescription is finished. Be sure to take ibuprofen with food.

Common side effects of the narcotics are nausea, drowsiness, and **constipation**. To decrease the side effects, take medication with food. **To prevent constipation consider taking Colace as directed on bottle.** If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed. If you have any other problems taking the medications, please stop them immediately and notify the office. Most patients only require narcotics for the first 10-14 days. Once pain is better controlled, you may simply take Tylenol one to two tabs every six hours as needed.

You should resume your normal medications for other conditions the day after surgery.

Sleeping/Activity

You may use your arm to assist with dressing, eating and personal hygiene unless specifically instructed not to. Be sure to use and move your hand, wrist, and elbow in order to decrease swelling in your arm. When sleeping or resting, inclined positions (i.e. reclining chair) and placing a pillow under the forearm for support may provide better comfort. Patients are generally more comfortable sleeping in a reclining chair or with pillows propped behind the shoulder and/or under the forearm. Some difficulty with sleeping is common for after surgery. Do not engage in activities which increase pain/swelling over the first 14 days following surgery. Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks.

Exercises

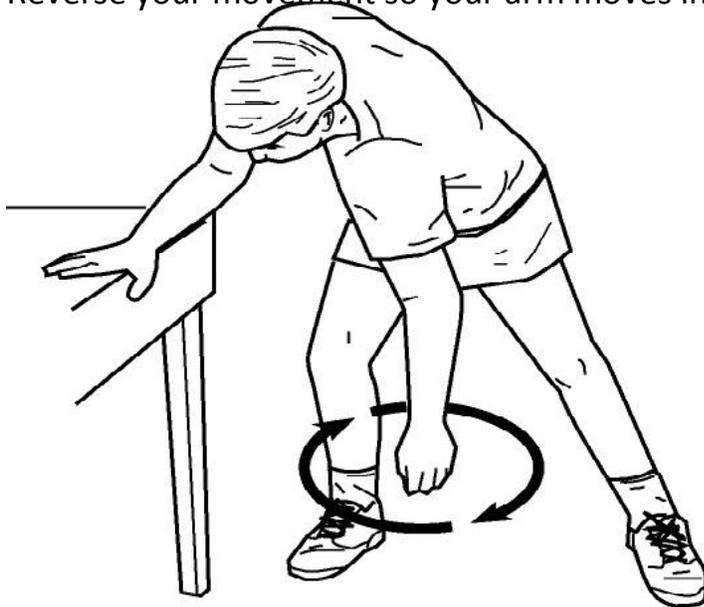
Formal physical therapy (PT) will begin about 10-14 days post-operatively with a prescription provided at your first post-operative visit. There is a standard protocol that you will follow with your therapist. Perform the range of motion exercises taught to you by the physical therapist two times per day.

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ON POST OP DAY #3, Start home exercises as described below.

- Codman's Exercises: Bend over at the waist and let your arm relax completely. Slowly swing your arm from side-to-side as illustrated. Perform 10 reps in each direction twice a day.

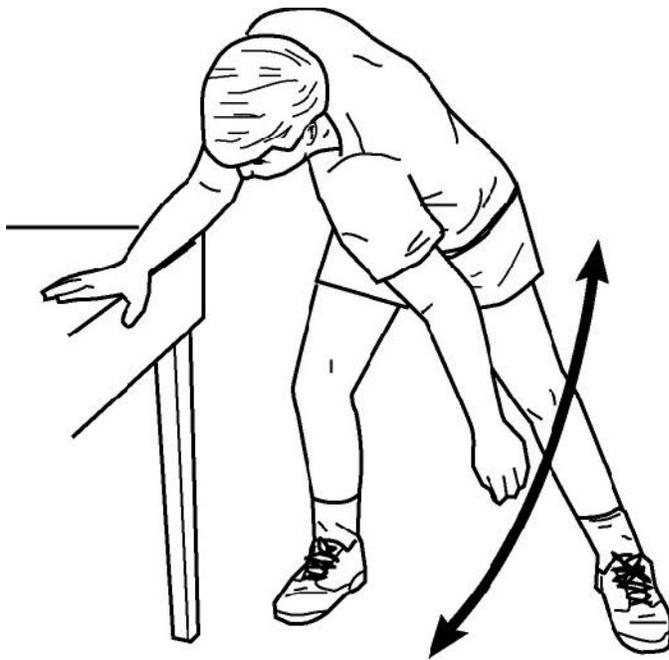
Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction.



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- Range of Motion Exercises: Begin elbow, wrist, and hand range of motion exercises 24 hours after surgery. Perform these exercises two times per day.

Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm forward and backward. Let your arm swing freely



Follow-Up

Your initial follow up visit will usually be 7-10 days after surgery with the Physician Assistant. The doctor will be there if you have any problems or concerns. If you have any questions, concerns or problems before your post op visit please feel free to contact the office at 453-9088.