



**Michael S. Day, MD, MPhil**

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

## POST-OPERATIVE INSTRUCTIONS

### **Reverse Total Shoulder Replacement**

#### Activity

- Try and rest the first few days following surgery. Wear your **sling at all times**, including sleeping. You will be directed by Dr. Day as to when you may discontinue your sling, but generally most patients will end up staying in the sling for the first 4-6 weeks following surgery.
- With the sling, you may be more comfortable sleeping in a seated position (i.e. recliner) with pillows under your forearm for support.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.

You may also gently bend and extend your elbow to prevent stiffness.

Do not lift any objects greater than 1-2 pounds for the first 4-6 weeks

Driving is not recommended for the 1<sup>st</sup> 3-4 weeks following surgery and contraindicated when taking narcotic pain medication.

Return to (sedentary) work will be determined by Dr. Day. Most patients do not return to work until after their first post-operative visit.

Most patients will have some discomfort and weather ache for the first 6 months after surgery. Maximal improvement in motion, strength, and endurance of your shoulder takes approximately 8 – 12 months.

#### Dressings

You have a waterproof bandage on, leave it in place for 7 days then remove. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with a clean dressing. If the wound is dry, no dressing is necessary. Be sure not to vigorously rub over any of the incision sites as they are still healing.

Small amounts of bloody drainage, numbness at incision site, swelling, and bruising are normal findings following surgery.

Do not use any ointments on the wound.

#### Showering/Bathing:

- You may shower after 48 hours after returning home. You can allow the shower water to run down the incision. There is no need to cover the wound while in the shower; but waterproof dressings may be left in place the first week.
- You should not scrub the incision. Be sure to pat the incision dry with a towel after showering.
- If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.
- No submersion in water, including a bath, Jacuzzi, lake or swimming pool for six weeks and until given clearance by Dr. Day.

You may remove the sling to shower, but be careful to avoid any sudden movements or heavy lifting

### Medication

You have been prescribed one of the following **pain medications**:

Oxycodone– Please take 1-2 tabs every 4-6 hours as needed for severe pain.

Post-operative pain tends to be the most pronounced the first 2-3 days following surgery.

Please take Tylenol, 1000mg every 6 hours for the first 3 days as this has significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**

You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea

You have also been given a prescription for Gabapentin to use at night as needed for pain.

Please also take Aspirin 81mg twice a day with meals for 30 days as your DVT/Blood clot prophylaxis.

If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Excessive use of pain medication can lead to an increased incidence of side effects and long-term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.

### Physical Therapy

You should begin physical therapy 2 weeks after surgery according to Dr. Day's rehabilitation protocol (enclosed)

A list of home exercises has been enclosed for you to do during your first two weeks following surgery.

### Follow Up

You have likely already been scheduled for your first post-operative visit. If you have not received an appointment, please contact the office to schedule an appointment to be seen approximately 14 days after your surgery.

You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.

Sutures/Staples will also be removed at that time.

Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or persistent upper extremity numbness.  
If you have any questions or concerns, please feel free to call the office.

## **Home Exercises**

### **Elbow Curls:**

Come out of your sling. Without any extra weight, use your good hand to help bring your other hand towards your shoulder by bending your elbow. Then slowly lower your arm back to a straight position. Then repeat.

### **Wrist Curls:**

While in and out of your sling, make a light fist and move your operative wrist in an up and down movement slowly like you are knocking on a door.

### **Ball Squeezes:**

While in and out of your sling, squeeze the foam ball to exercise the hand, fingers, and wrist muscles. This exercise can be very effective to help promote good circulation and prevent excessive swelling.

**\* All exercises to be done for 5-10 minutes, 4-5 times a day.**