

Total Shoulder Post-Operative Instructions
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WOUND CARE

- It is OK to shower, but do not soak the dressing.
- **You may remove your post-operative dressing/bandage 7 days after surgery.** You do not have to use additional dressing over the incision.
- To avoid infection, keep surgical incisions clean and dry. NEVER apply ointments to the incisions.
- When bathing, you may allow soap/water run over the wound, and then lightly pat it dry.

ICE

- Begin using an ice pack immediately after surgery. Icing often is very important for the first 5 to 7 days post operatively.
- Care must be taken with icing to avoid frost bite to the skin. Do NOT apply ice directly to the skin.

THERAPY

- Perform stretching exercises as instructed by the therapist.
- Formal PT will start 4-5weeks after your surgery.
- No lifting with your operative arm.
- Wear sling at all times except for daily hygiene.

MEDICATIONS

- Narcotic medication has been prescribed for pain control.
- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is the time when swelling peaks.
- Please avoid Tylenol while taking narcotic pain medications.
- You may have been prescribed Toradol for the first 3-5days after surgery. Take this medication scheduled as directed. This will help to decrease inflammation and decrease pain. Do not take any other NSAIDs (Ibuprofen, Advil, Motrin, etc) while on this medication.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food, drink lots of fluids and follow a high fiber diet. A stool softener can also be prescribed for you if necessary to prevent constipation (colace or senakot).
- You should resume your normal medications unless instructed otherwise.
- Do not drive a car or operate machinery while taking the narcotic medication. Driving while under the influence of narcotic pain medication is dangerous and discouraged in all patients.
- We are unable to re-fill prescription pain medications after hours or on weekends. If you will need a re-fill in addition to the amount already prescribed for you, please call our office during normal business hours 2- 3 days before your prescription medications run out so we may re-fill them for you prior to running out.

EMERGENCIES

Contact the on-call physician at **(706)863-9797** after hours for any questions/concerns.
**If you have an emergency that requires immediate attention, proceed to the nearest emergency room.