



Sports Medicine Specialists
of Charleston

EAST COOPER MEDICAL GROUP

Marc Haro, MD

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Office: (843) 971-9350

POSTOPERATIVE INSTRUCTIONS TOTAL SHOULDER ARTHROPLASTY

DIET:

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing 48-72 hours post-operative. DO NOT remove the white steri-strips – if minimal drainage is present, apply sterile gauze/dressing over the incision and change daily.
- To avoid infection, keep surgical incisions clean and dry – DO NOT get incisions wet until after your 1st post operative visit.
- – NO immersion of operative arm (i.e. bath, hot tub, swimming pool)

MEDICATIONS

- You will receive a nerve block prior to surgery. This will wear off in 12-24 hours. You should begin taking oral pain medication prior to the block wearing off.
- Pain medication may be injected into the wound and shoulder joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle
- Primary Medication = Percocet (oxycodone)
 - Take 1 – 2 tablets every 4 – 6 hours as needed
- Max of 12 pills per day
- Plan on using it for 2 to 5 days, depending on level of pain
- Do **NOT** take additional Tylenol (Acetaminophen) while taking Norco
 - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
 - Zofran (Ondansetron) has already been called into your pharmacy for nausea if needed.
 - If constipation occurs, consider taking an over-the-counter laxative such as Colace or Miralax.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed ((843) 971-9350 – ask for Nicole Fava, Dr. Haro's PA)
- Do not drive a car or operate machinery while taking the narcotic medication

- Ibuprofen 600-800mg (i.e. Advil) may be taken every 8 hours in addition to the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

IMMOBILIZER

- Your sling should be worn at all times, including sleep.
- You may come out of your sling for personal hygiene and elbow, wrist and hand exercises.

EXERCISE/ACTIVITY

- Beginning the day after surgery you should complete wrist flexion/extension and elbow flexion/extension exercises. Please see exercise sheet attached for directions/pictures.
 - 3 sets of 10-15 repetitions of each exercises is recommended
 - If exercises cause an increase in pain, discontinue that session and try later in the day.
- Shoulder stiffness/discomfort is normal after surgery.
- Avoid moving arm against gravity or away from the body.
- Avoid long periods of sitting/long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.
- Formal physical therapy (PT) will begin after your 1st post-operative visit if deemed appropriate by MD.

ICE THERAPY

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every hour for 20 minutes daily until your first post-operative visit – remember to keep arm supported/in sling while icing
 - Use unit as frequently as tolerated x 14 days
 - Avoid direct skin contact with ice pack to prevent skin damage. Signs of frostbite include excessive redness and/or blistering.

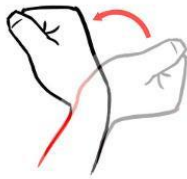
****Emergencies****

- Contact Dr. Haro or Nicole Fava PA-C at (843) 971-9350 or by email Nicole.fava@tenethealth.com if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in wrist, hand or lower extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
- ****If you have an emergency after office hours or on the weekend, call (843) 971-9350 and you will be connected to our on call service. Do NOT call East Cooper Hospital or the Surgery Center.**
- ****If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

Follow-Up Care/Questions

- Nicole Fava, PA-C (Dr. Haro's Physician Assistant) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please email Nicole.fava@tenethealth.com or call (843) 971-9350
- If you have additional questions that arise at any time, whether for Dr. Haro or Nicole, please send an email to Nicole.fava@tenethealth.com or call (843) 971-9350
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (843) 971-9350

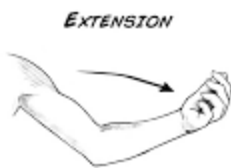
EXERCISES:



Wrist Flexion/Extension:

Bend wrist forward as far as you can and then extend.

Repeat 10-15 times. Complete 3 sessions.



Elbow Flexion/Extension:

Flex elbow up as far as possible.

Hold for 5 seconds and then straighten arm as far as possible.

Repeat 10-15 times. Complete 3 sessions.