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OUTPATIENT TOTAL SHOULDER/REVERSE SHOULDER DISCHARGE INSTRUCTIONS

Medications

- ◆ Regular Tylenol (acetaminophen), 1-2 tablets may be taken every 4-6 hours, if needed, for discomfort
- ◆ Review medication instruction sheet given by your nurse for your prescription medications
- ◆ While blood clots are rare after shoulder surgery, it is advised that if you are older than 50, take Enteric Coated Aspirin 81mg once per day for two weeks as a preventative measure unless you are currently taking other blood thinning medications (Coumadin, Xarelto, etc).
- ◆ Pain medication may cause severe constipation. It is advised that while you are on pain medication that you begin a stool softener (PeriColace—over the counter—100mg twice daily); If you are very prone to constipation, you may even consider a laxative such as prune juice or magnesium citrate if unable to go within 2-3 days.

Diet

- ◆ Regular – Eat a well-balanced diet
- ◆ A Multi-vitamin capsule each morning for 1 month is encouraged

Incision / Line Care

◆ Your incision will be inspected 10-14 days after surgery at your follow-up visit with Dr. Badman. You have a waterproof dressing on your shoulder now. This dressing should be removed in 5 days and a new dressing will be provided to keep the wound covered for an additional 5 days. If another dressing is not provided you may cover the wound with gauze and tape until your follow-up visit with Dr. Badman. **DO NOT REMOVE THE STERI-STRIPS** but if some come off with the first dressing change this is not a problem. **DO NOT PLACE ANY OINTMENTS OR TOPICAL CREAMS ONTO THE INCISION.**

◆ If you notice any of the following symptoms of infection, please call Dr. Badman's office immediately:

- Drainage from the incision
- The incision becomes red and very hot
- You develop a fever over 101.5 degrees

Bathing / Showers

◆ You may shower the day after your surgery. The dressing you left the hospital or surgery center with is waterproof.

◆ YOUR IMMOBILIZER MAY BE TAKEN OFF FOR SHOWER PURPOSES BUT WHILE OUT OF SLING PLACE YOUR ARM ON YOUR BELLY. YOU MAY GENTLY STRAIGHTEN THE ARM DOWN TO THE SIDE AND WASH UNDERNEATH YOUR ARMPIT BY GENTLY LEANING FORWARD.

Shoulder Sling/ Immobilizer

◆ It is important that you use your sling or immobilizer full time until it is removed by Dr. Badman. This generally takes around 4-6 weeks. This is important because to enter your shoulder, a rotator cuff muscle is taken off the bone and then repaired at the end of your surgery. If you move your arm too rapidly too soon this may damage the repair and result in a poor outcome for your replacement.

Swelling above your inner elbow/lower arm

◆ This is normal and caused by the pressure of the abduction pillow and the gravity swelling of your arm from surgery. Some fluid will accumulate there and will resolve once the abduction pillow is removed from your sling.

Daily Activity

◆ Straightening your elbow and moving your wrist several times a day is extremely important after your surgery. This will prevent stiffness from setting into the elbow and may prevent the feeling of your fingers falling asleep.

◆ **You may not drive a car without your surgeon's approval.** The decision to resume driving your car is based on common sense. You are usually not safe to drive for 3-4 weeks. Ideally, you are off all pain medications before you try to drive and you are safest and least restricted once your sling is off.

Sleeping

◆ Most patients find it more comfortable to sleep in a recliner for the first 2-4 weeks after surgery. You may also try sleeping in your own bed with several pillows to help elevate your chest and prevent strain and pain on your shoulder.

◆ Your sling should be worn while you sleep to prevent you from twisting and injuring arm at night.

◆ Difficulty with sleeping is a common complaint after shoulder surgery. If this becomes a problem you may try over the counter Benadryl taken 50mg at night to help you sleep. Dr. Badman may also prescribe a sleeping aid for a short period of time if this fail

Average Recovery Time

- **First 6 Weeks:** Immobilizer in place; frequent soreness, stiffness and pain; therapy at 3-4 weeks
- **3 Months:** Soreness/Stiffness begin to resolve and motion improves; transition to home therapy
- **6-9 Months:** Optimum; continued improved motion and strength till 12-18 months postop

Lifelong Fitness

◆The goal of your surgery is a shoulder that will allow you good motion and the ability to do your everyday activities without pain. **This shoulder is NOT INDESTRUCTIBLE.** Avoid lifting anything overhead greater than 20-30 pounds on a repetitive basis. Occasionally doing so is ok but repetitive daily activity is not advised. General conditioning of the shoulder is recommended and can include:

- Bicep Curls and Tricep Extensions
- Nautilus type chest presses (free weight bench press should be avoided)
- Swimming, Golf, Tennis

Preventing Infection

◆ Preventing infection is extremely important for the rest of your life. Bacteria from a variety of sources can enter your bloodstream and invade the area surrounding your new joint. A list of possible sources of infection are below:

- **Dental Work:** Cleaning, drilling, extraction, root canal should be postponed for 3 months after surgery. It is not generally necessary to take antibiotics after 3 months unless you have a condition that causes your immune system to be weak.
- **Tattoos**
- **Urinary Tract or Bladder Infection:** Symptoms: Pain, burning, fever, blood in the urine, increased need to urinate. See your internist immediately
- **Infection in the ears, throat, vagina, etc.** Symptoms: Pain, fever, redness or drainage. See your internist immediately
- **Any invasive procedure, for example, proctoscope, cystoscope, colonoscopy:**

Inform your doctor that you have an artificial joint and need to be given antibiotics to protect it during these tests.

Follow-up Instructions:

- ◆ Contact 800-622-6575 for questions or concerns; Otherwise follow-up as scheduled in approximately 2 weeks postoperatively.