

SHOULDER REPLACEMENT SURGERY

Postoperative Instructions:

1. You will be in a sling after surgery. Light use of the hand is encouraged. It is okay to use the elbow and hand for writing, typing, texting, eating, and taking care of yourself. No heavy lifting or pushing greater than 2-3 pounds.
2. You have a water-resistant surgical dressing so you can shower right away. Do not change or remove the bandage. If the dressing falls off or water gets under it, then you have to replace it with clean sterile gauze that will have to remain dry until the first post-operative visit.
3. A prescription medication will be sent to your pharmacy. That medication is to be taken as needed for pain. Begin over-the-counter medications to your tolerance. When the over the counter medications provide satisfactory pain relief, wean off of the prescription medications. An anti-nausea medication is also typically prescribed and should be taken as needed. If you are prescribed Celebrex, do not take other anti-inflammatories with it.
4. Bruising and mild swelling are normal. Mild tingling in the arm and fingertips are common as the block wears off. Ice is helpful for both swelling and discomfort. Flexing/extending the fingers and hand can also help with the swelling in the arm. If the swelling is excessive or you feel something is wrong, please call.
5. Do not drive while taking the prescription pain medication. It is okay to drive when you feel safe to.
6. Initially, most patients prefer to sleep in a recliner or propped up in bed. This helps with the swelling and discomfort. Return to normal sleep patterns to your tolerance.
7. Pendulum exercises are begun the day after surgery. Remove the sling and gently dangle the arm in front of you towards the ground. They are performed 4 times a day, 20 circles clockwise and counterclockwise each time. Holding onto something with the “good” arm can help with balance. Most patients will also be instructed to begin “wall crawl” exercises post-op day 1. The video in the link below provides a demonstration.
8. The typical first follow-up is 10-14 days from surgery. The surgical dressing will be removed and steri-strips will be applied. It is ok to get the steri-strips wet in a shower. They will fall off on their own and there is no need to replace them or cover them.

FOLLOW-UP APPT:



**Dr. Zanaros Shoulder
Replacement Videos**



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