



DARIN W ALLRED M.D.
ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Shoulder Replacement (RTSA and TSA) Post Operative Instructions

Food

Start slow. It is natural to want to eat a lot after surgery. We recommend you eat small amounts of your normal diet and increase your intake as your nausea improves.

Incision

Keep your incision dry for 48 hrs. After 48 hrs you may remove the dressing and shower. Leave the Steri-Strips or glue in place. You may let water run over the incision but do not soak your incision in a bath, swimming pool, lake or hot tub for three weeks. Keep a Band-Aid on the incision until the incision is no longer draining (about 7 days)

Activity/Sling

In general you will rest your shoulder for 4 weeks. Keep your arm in your sling except for showers and to perform exercises 2-3 times per day. Exercises include pendulum movements, and gently bending and straightening your elbow. NO lifting or sudden overhead movements. Do NOT reach behind you, for instance, for a seat belt or a wallet. Sleeping in a chair with pillows under your arm can be helpful for pain.

Swelling

Ice machines or reusable ice pads can be purchased on Amazon if you search shoulder ice machine. They can be great for decreasing pain and swelling. I like them but frozen peas work as well. Be careful to not freeze your skin. I recommend 20 min on and 10 min off unless the machine has a way to prevent freezing (ie temperature settings)

Physical therapy

Please arrange PT for a few days after surgery. You will do therapy for several months after surgery.

Medications

Rotate over the counter ibuprofen and Tylenol for improved pain control. For example take regular Tylenol followed by Ibuprofen 2 hrs later. Do not take more than the recommended daily dose for each. I also recommend over the counter Pepcid or other antacid while on ibuprofen to prevent a stomach ulcer. Narcotics: see below. Aspirin: see below.

Narcotics

You may need them for a few days but the quicker you stop using them the better you will feel. It is very rare to need a refill. We **DO NOT** refill medications after hours or on weekends so plan ahead. It takes about 72 hrs to get refills. If you take narcotic medications regularly you will need to make arrangements with your prescribing provider.

Post Operative Visits

Call for an appointment approximately 2 weeks after surgery.

Dental Care

I do not recommend routine dental care for 3 months after surgery. Unless you are at high risk for infection (poor ability to fight infections) I do not recommend antibiotics prior to dental procedures. This is a change made by the American Dental association and our academy (AAOS) several years ago.

Precautionary Measures

- 1) To prevent infection, you have been administered IV antibiotics prior to your surgery.
- 2) To prevent blood clots, you will need to be active. I want you to walk around your living room once every hour while you are awake. Also take Aspirin 325 mg twice daily for 2 weeks to prevent a blood clot.
- 3) If you are taking narcotic pain medication (Percocet or Vicodin), you may need a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.

Emergencies

Call the office at if you experience the following:

Incision opens

Increased redness at incision site

Pain uncontrolled by pain medicine

Uncontrollable bleeding

Fever > 101 o F or shaking chills

Difficulty breathing or chest pain

Severe pain or redness in calf

Painful swelling

Contact

Please refer to the website for the office phone number.