



Post-Operative Instructions- Shoulder Replacement:

1. Ice 20 minutes 4-5 times to reduce pain and swelling.
2. Sling will be worn full time for about 6 weeks, including sleep. Adjust the sling before you leave the hospital so that its most comfortable for you.
3. A physical therapist (PT) will guide you on how to dress yourself and wear the sling before you leave the hospital. When dressing, put your operative arm in the sleeve first. When getting undressed, take the operative arm out last. Loose fitting, button-down shirts are recommended.
4. No lifting objects with the arm. You may do light activities with your wrist/hand such as writing and typing.
5. We encourage you remove the sling 3 x daily to let elbow extend while keeping it supported with pillows and moving the wrist and fingers to prevent stiffness.
6. Sleeping in an upright position may be most comfortable. Keep a few pillows around you and behind the elbow to maintain a safe position and reduce pulling on the soft tissue repairs.
7. You will be prescribed post-operative medication.
 - a. You should avoid taking pain medications on an empty stomach as it will make you nauseous. You will be prescribed a medication for nausea as well.
 - b. Enteric coated aspirin (81mg) twice a day for two weeks after the surgery to reduce the chance for blood clot.
 - c. Be proactive to prevent constipation due to the pain meds by using the stool softeners and laxatives as prescribed.
 - d. Staying hydrated with water and something like Gatorade or Pedialyte will help with bowel and bladder issues.
8. Never allow your elbow to fall behind your body for the first 6-12 weeks. You should be able to see your elbow when you look down at all times. You may need to use pillows behind the elbow when seated and sleeping.

Discharge Until Post-Op Visit:

1. The bandage placed in the operating room should stay on until your follow up. Call the clinic with your bandage concerns.
2. You may shower 4 days after surgery but DO NOT get the dressing wet. This means no bathing swimming or submerging the shoulder.
3. You can remove your sling for short periods of time only when you are sitting in a chair. The elbow must be supported by pillows. You must wear the sling if you are doing any activity.
4. Formal physical therapy will begin after 4 weeks and will be arranged through our office.
5. Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
6. Return to work is determined on a case by case basis.
7. Driving with a sling and while on pain medications prohibited.
8. **Dental** prophylaxis will be a lifelong commitment following artificial joint replacement. Prescription for antibiotics to be taken **PRIOR** to dental procedures/cleaning can be provided by surgeon's office. **NO** routine cleanings for 6 months postoperatively.
9. Your first postoperative appointment has been made and you should be able to find it in your pre and post-surgical packets. If this date does not work, please call our office (208) 323-4747 to reschedule this appointment.
10. **Call your doctor's office with any questions or concerns (208) 323-4747**