



Post-Operative Instructions

Total Shoulder Replacement

WOUND CARE

- Do not remove dressing.
- Dressing is waterproof. May shower letting warm soapy water run over the dressing.
- Swelling and bruising in the forearm and hand/wrist is common. Elevate the extremity by placing a pillow under the forearm. Ice the shoulder and forearm 20 minutes on and 20 minutes off at least 3 to 4 times a day. To prevent swelling, do not dangle the arm.

ACTIVITY

- Use the sling when out of the house.
- While in the house, you may use the sling as needed for comfort.
- Perform exercises of the elbow and hand/wrist. You may perform gentle ROM exercises of the shoulder as instructed by physical therapy.
- Absolutely NO heavy lifting. Do NOT reach behind you, for instance, for a seat belt or a wallet.
- Sleeping upright in a reclining chair, or upright in bed with supportive pillows behind the shoulder, may be the most comfortable position for 1 to 2 weeks following surgery.



PAIN MANAGEMENT

- TAKE YOUR PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Use Ibuprofen (ex. Advil) 200-800mg up to four times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 3200 mg of Ibuprofen daily)**
- Call the office if you have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), we recommend a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.
- If you received a block during surgery, this will typically wear off in 8 to 12 hours. To prevent waking up in severe pain after your block has worn off completely, we recommend taking pain medication prior to bed.
- Ice the shoulder at least 3-4 times a day; 20 minutes on and 20 minutes off.

EMERGENCIES

Call the office at (401-218-6005) if you experience the following:

- Dressing becomes saturated or falling off
- Increased redness at incision site
- Pain uncontrolled by pain medicine
- Uncontrollable bleeding
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Severe pain or redness in calf
- Painful swelling despite icing

FOLLOW-UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled 2 weeks after your surgery. If not, please contact the office at 401-218-6005 to schedule an appointment.



- Please arrive 30 minutes prior to your appointment to allow ample time for x-rays.

Prescription Refill Policy

401-218-6005

Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.