



REVERSE TOTAL SHOULDER **REPLACEMENT POST-OPERATIVE** **INSTRUCTIONS**



What to expect after surgery:

- Swelling and stiffness are to be expected
- Pain is to be expected. Take your medication as directed
- Weakness from surgery. Your body is using energy to try and heal after surgery

Shoulder precautions:

- NO reaching behind your back. (tucking in shirt, reaching for wallet, placing a belt through loop, performing personal hygiene)
- NO lifting, pushing, or pulling!
- Wear your protective sling as directed by your physician
- Wear your protective sling while sleeping
- You do need to work on elbow range of motion to prevent stiff elbow – this should start the day of your surgery
- You can gently work on forward and side motion of the shoulder and arm unless you are instructed otherwise

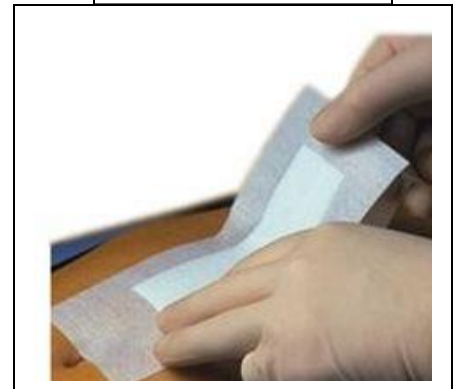
Driving:

- No driving until you have been released by your physician.
- DO NOT drive while taking any kind of pain medication or muscle relaxers
- You may be a passenger in a car

Incision Care:

- There will be a dressing placed over your shoulder after surgery. This will remain in place for 2-3 days after surgery. Remove this dressing 2-3 days after surgery, shower and then re-cover the incision with the “Primapore” Dressing provided.
- NO soaking the incision in water until instructed by your physician
- DO NOT allow pets near or around your incision until completely healed
- You may shower but DO NOT soak your incision. You may gently wash with soap and water
- No lotions, oils, or peroxide on the incision until instructed.
- Wear loose fitting clothes to avoid irritation

Primapore Dressing



NO smoking:

- DO NOT smoke as it does delay the healing process and drastically increased your risk of infection

WORK:

- Your physician will determine this for you and instruct you when you may return

MEDICATION:

- You may resume your regular medications unless otherwise advised by hospital or physician

- You will be provided with the appropriate pain medication after surgery. Please take this as directed as you are limited to refills.
- Do not take pain medicine on empty stomach
- Do not drink while taking pain medication
- Once your pain starts to decrease you may switch to just Tylenol then no medication at all

Follow-up Appointment:

- The hospital should make your follow up appointment for you. If they do not do this for you then you may call our office at 931-815-2663 for your appointment. We will usually see you two weeks after surgery.

Call our office at any time if you have problems such as:

- A fever that persist over 6 hours
- Side effects from your pain medication such as: vomiting, rash, chills, fever, or burning in your stomach
- Increased swelling or redness of the incision
- Drainage or separation of your incision

Go to the nearest emergency room if:

- You become short of breath
- Have chest pain
- Cough up blood