

Medications:

Pain Medication:

- Take the pain medication as prescribed to give even pain control, promote healing and the ability to exercise.
- Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Motrin®, Advil®) or naproxen (Aleve®), may be taken to supplement pain medication and decrease swelling.
- Be aware that some prescribed pain medications may contain acetaminophen; talk with your pharmacist before taking additional over-the-counter Tylenol® or acetaminophen.

Anticoagulants:

- Aspirin, Coumadin®/Warfarin, or Enoxaparin **MAY BE** ordered by your physician to decrease the incidence of blood clots.
- If taking Coumadin®/Warfarin, consult with your physician before taking over-the-counter anti-inflammatories.

Please Note:

A possible complication after any surgery is tiny blood clots that can form in leg veins. This is called deep vein thrombosis (DVT). Contact your physician immediately if you develop swelling, redness, and pain in the calf or thigh that does not go away. In some cases these clots can travel to your lungs and cause a pulmonary embolism (PE). Call 911 if you develop shortness of breath or chest pain.



Your Pharmacist:

If you need a refill on medication prescribed by St. Croix Orthopaedics (SCO), please call your pharmacy.
**Allow a full business day for refill processing.

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Total Shoulder Arthroplasty



Post-operation Reference Guide



CARE uniquely focused on you.™

During Recovery:

After your Total or Partial Shoulder Replacement you may experience...

Nausea—

Anesthesia and pain medications may cause stomach irritation. Over-the-counter antacids may help.

Constipation—

Try over-the-counter stool softeners and drink plenty of fluids.

Swelling—

Swelling may last several weeks and occur on and off for many months. Rest and ice for relief. Your arm will be in a sling or other support to protect your shoulder and keep it comfortable.

Bruising—

This may show up several days after surgery and may worsen or change colors before it disappears. Bruising and swelling often show up in the arm and elbow due to gravity.

Incision—

The incision may be warm, tender and hard to the touch for several weeks after surgery.

When to Call:

If you have ...

- A temperature over 101° F,
- Incision drainage persists and/or increases,
- Increasingly painful, red swelling at the incision site,
- Significant calf or thigh pain that doesn't go away,
- **Call 911 if experiencing chest pain or shortness of breath.**



Self-Care:

- You can shower (do not soak) if there is no drainage from the incision 2-3 days after surgery. Remove the dressing before showering. If you have steristrips, leave them on until they fall off.
- Sutures/staples will be removed at your two week post op visit.
- IF PRESCRIBED by your surgeon, wear TED stockings for two weeks after surgery at least 12 daytime hours.
- Rest and ice your shoulder after exercise or activity to minimize swelling.
- Eat a well balanced, high calcium diet. Drink plenty of water.
- If you smoke, quit.
- Dental work—Routine dental work may occur up to four weeks prior to surgery. Avoid dental work for three months after surgery. For the first two years after surgery, you should have antibiotics prior to most dental procedures. Discuss lifetime precautions with your surgeon.



Activity:

- Wear your sling as instructed by your surgeon. You may perform tabletop activities including eating, writing and limited computer use.
- Do not use the operative arm to push yourself out of a chair or bed.
- Do not lift anything heavier than a glass of water for the first 2-4 weeks after surgery.
- Avoid placing your arm in any extreme positions, such as straight out to the side or behind your body. Place items you use regularly within easy reach.
- Exercises are necessary in regaining motion in your shoulder and helping you heal. You will be given specific exercises to do when you leave the hospital.
- You will have occupational/physical therapy visits for the first 4-6 weeks after surgery. Do your home exercises as instructed!
- Don't overdo it! The ability to move your arm without pain may make you think you can do more. Early overuse of the shoulder can result in increased pain, swelling and injury.
- Remember that it takes 3-6 months for your shoulder to heal. Avoid repetitive heavy lifting or activities that put excessive strain on your shoulder.
- Do not drive until you are off narcotic pain medication and have discussed driving with your surgeon.
- If you are using Continuous Passive Motion (CPM) equipment and have questions, contact the CPM supplier.