

## What to Expect After Hemi/Total Shoulder Arthroplasty

- 1. You will stay in the hospital/care suite 1 night**
  - a. You will be discharged wearing an envelope sling
    - i. Sling should remain on unless otherwise directed
- 2. The nerve block used will wear off usually within 24 hours**
  - a. Make sure to take your pain medication before the block wears off in order to stay ahead of the pain
  - b. Acetaminophen and ibuprofen (if able to take NSAIDS) can be used in addition to the narcotic medication to help with post-surgical pain
- 3. Sleeping:**
  - a. Patients are most comfortable sleeping in a reclined position
    - i. Recliner chair or propping up with pillows on the bed
- 4. Post-surgical exercises**
  - a. Pendulums
  - b. Finger/wrist range of motion
    - i. Squeeze a stress ball/sponge to help with hand/finger swelling
  - c. Formal PT will start after first post-op appointment
- 5. Showering:**
  - a. Can shower after 2 days
  - b. Do not scrub incisions
  - c. Let water run over incisions
  - d. Do not take steri strips off
  - e. Pat dry
  - f. Cover as needed
- 6. Wound management:**
  - a. Keep steri strips on
  - b. Keep covered with a non adherent gauze pad
  - c. Sutures will be removed at first post op appointment

**7. Call if the following arise:**

- a. Increase in redness
- b. Warmth to the touch
- c. Drainage
- d. Increase in pain for no reason
- e. Fever above 101 degrees

**8. Driving: Usually within 5-7 days**

- a. Push sling back when driving
- b. Must be off narcotic medications during the day

**\*Dental Visits:** No dental appointments for 3 months following a Hemi/Total shoulder. Following your hemi/reverse/total shoulder, you will need to be on an antibiotic prior to going to the dentist for 2 years. Call our office at 651-351-2618 to get the prescription.

**\*If you have any questions or concerns, please contact Sarah S at 651-351-2618**