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POST-OPERATIVE INSTRUCTIONS  
**Total Shoulder Arthroplasty**

Activity

- Try and rest the first few days following surgery. **Wear your sling at all times**, including sleeping. You will be directed by Dr. Murar as to when you may discontinue your sling. Generally most patients will end up staying in the sling for the **first 4 weeks following surgery**.
- With the sling, you may be more comfortable sleeping in a seated position (i.e. recliner) with a pillow under your forearm for support.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.
- You may remove your arm from the sling 4-5 times a day and begin the enclosed home exercises (specific instructions included in this handout)
  - Pendulum & Codman** exercises: Using gravity and momentum, gently move your arm in small, slow circles for approximately 5-10 minutes.
  - Elbow & wrist range of motion** exercises: Gently bend and extend your elbow to help prevent stiffness.
- Do not lift any objects greater than 1-2 pounds for the first 4-6 weeks
- Driving is not recommended for the 1<sup>st</sup> 4 weeks following surgery and contraindicated when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor will be determined by Dr. Murar.

## Dressings

- Remove the dressing 7 days after surgery. Clean the surrounding skin with sterile water or rubbing alcohol. Leave the steri-strips intact, they will fall off on their own in the shower. Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, swelling, and bruising are normal findings following surgery.
- Do not use bacitracin or any ointments under band-aids.
- It is ok to shower with the dressing, it is waterproof. You may remove the sling to shower, but be careful to avoid any sudden movements or heavy lifting

## Medication

- You have been prescribed one of the following **pain medications**:
  - Oxycodone – Please take 1 tabs every 4-6 hours as needed for pain.
  - Ultram - Please take 1 tabs every 6 hours as needed for breakthrough pain.
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Once the pain allows you to do so, transition to over the counter pain medications such as Tylenol as they have significantly less side-effects compared to narcotic pain medication.
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

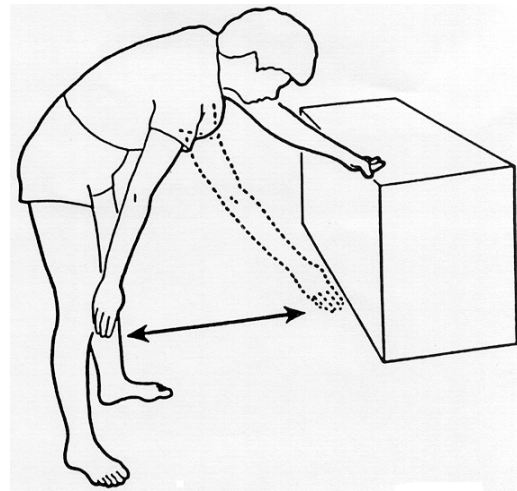
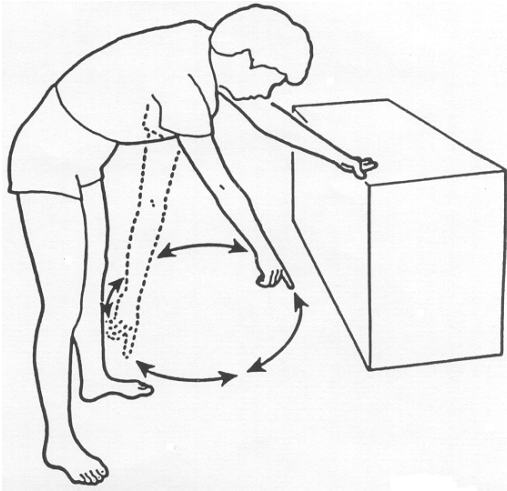
## Physical Therapy

- The need for a timing of outpatient physical therapy will be determined by Dr. Murar and discussed at your first post-operative visit.
- Please perform your prescribed home exercises to help facilitate early shoulder range of motion and to prevent stiffness in your elbow and wrist.

## Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 10-14 days after your surgery.
- You will be seen by Dr. Murar or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- If necessary, sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, persisting arm numbness.
- If you have any questions or concerns please feel free to call the office.

## Home Exercises



### Pendulum's

Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

### Codman's

Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side to side motion.

**\* All exercises to be done for 5-10 minutes, 4-5 times a day.**

## **Home Exercises (cont'd)**

### **Elbow Curls:**

Come out of your sling. Without any extra weight, use your good hand to help bring your other hand towards your shoulder by bending your elbow. Then slowly lower your arm back to a straight position. Then repeat.

### **Wrist Curls:**

While in and out of your sling, make a light fist and move your operative wrist in an up and down movement slowly like you are knocking on a door.

### **Ball Squeezes:**

While in and out of your sling, squeeze the foam ball to exercise the hand, fingers, and wrist muscles. This exercise can be very effective to help promote good circulation and prevent excessive swelling.

**\* All exercises to be done for 5-10 minutes, 4-5 times a day.**