

Shoulder Surgery General Postoperative Instructions

ACTIVITIES

Please use your shoulder sling (and side pillow) until your first postoperative visit unless otherwise specified. You can take your regular sling off and use either a plastic shower sling or hang your arm gently at the side while showering once cleared by instructions below. Your physical therapy (PT) Protocol will be provided to you, but is also listed on Dr. LaPrade's website: <https://tcomn.com/physicians/christopher-laprade/>.

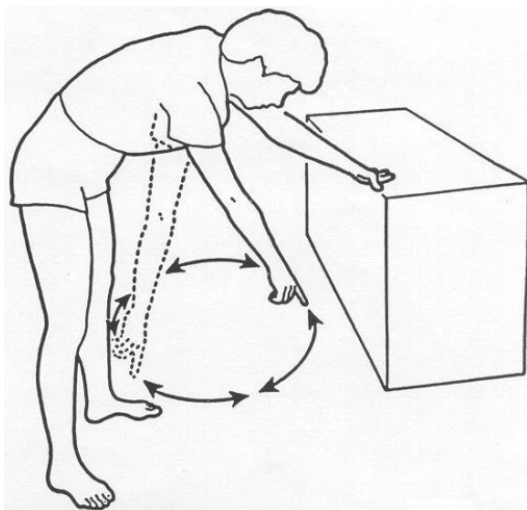
You will be non-weightbearing after all shoulder surgeries unless otherwise informed by Dr. LaPrade. All procedures involving a shoulder replacement, rotator cuff repair, labral repair, Latarjet, proximal humerus ORIF, clavicle fracture ORIF, or biceps tenodesis will be non-weightbearing initially.

You should initiate an exercise program 3 times per day starting the day after surgery:

- Immediate elbow, forearm, and hand range of motion can be performed out of the sling
- Pendulum exercises (except for massive rotator cuff protocol)
- **Note: If biceps tenodesis, no active elbow flexion or forearm supination until 4 weeks postop**

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.



PAIN CONTROL

Dr. LaPrade recommends a nerve block for most patients undergoing shoulder surgery (except for clavicle ORIF) as this is by the far the most effective short-term option for pain relief. The length of this nerve block will vary based on the location and type of medication. It is not uncommon for patients to feel great after surgery until the nerve block wears off and then have extreme pain if they have not been taking any medication.

Dr. LaPrade also recommends ice for help with pain and inflammation. While you are resting, you can use a Game Ready, Cryo Cuff or place cold ice packs on your shoulder for 15-20 minutes at a time. Place a clean, dry towel or pillowcase between your skin and the cold pack.

Dr. LaPrade recommends scheduling your medications (especially the Tylenol and Ibuprofen/Celebrex) to take them regularly the first couple of days after surgery to not fall behind on pain control.

POSTOP MEDICATION REGIMEN

- Possible Anticoagulant/Blood Thinner (usually Aspirin 81 mg daily)
 - This is meant to help prevent blood clots for certain higher-risk procedures
 - This will not be ordered for all shoulder surgery patients
 - If you are already on a blood thinner, please resume the medication the day after surgery and do NOT take this additional blood thinner
- Tylenol 1000 mg every 8 hours
 - Highly recommend continuing this for the first couple weeks after surgery as it can be quite effective as a baseline pain medication
- Ibuprofen/Celebrex
 - Ibuprofen and Celebrex work similarly as anti-inflammatory medications
 - Please do not take both at same time
 - Please do not take if you have history of kidney disease, stomach ulcers, or GI bleeds
- Oxycodone 5 mg tablets, which you can take up to 2 pills every 4 hours
 - This medication is absolutely not required, and every effort should be taken to try and be off this medication by 2 weeks after surgery. We will generally not provide any additional pain medications after 1 month from surgery.
 - These medications will not be filled after-hours or on weekends per TCO policy so please anticipate a need to contact the office for a refill ahead of time

- Over-the-counter stool softener, such as Miralax or Colace
 - Narcotic pain medications are known to cause constipation, and Dr. LaPrade recommends taking one of these medications daily while on the narcotic
- Zofran
 - Narcotic pain medications may also cause nausea, and Zofran will be provided to be taken only as needed
- All other home medications can be resumed the day after surgery unless otherwise stated

DRESSING

It is normal to see some staining on your dressings after surgery, especially for an arthroscopy. Please alert our office if the dressing is completely saturated or leaking.

- For an **arthroscopic procedure** (such as a rotator cuff repair or labral repair): Please keep the dressing completely clean and dry for 72 hours after surgery. After this time, you can remove the outer dressing and shower. Please leave the sutures or steri-strips in place. Dr. LaPrade recommends patting the portal sites dry after the shower with a towel and putting clean band-aids on each site. Do not take a bath or submerge the wound for 4 weeks after surgery (assuming the incisions are all healed).
- For an **open procedure** (such as a Latarjet, clavicle ORIF, or shoulder replacement): Please keep your dressing in place until your first postoperative appointment. This dressing is waterproof and you can shower immediately after surgery avoiding direct water on the dressing. There will be either surgical glue or steri-strips beneath the dressing, and please leave these in place. There may also be clear sutures at the ends of the incisions that we will cut at the first postop visit. Do not take a bath or submerge the wound for 4 weeks after surgery (assuming the incisions are all healed).

DIET

Dr. LaPrade does not have any restrictions on diet after surgery but recommends a light meal the first night after surgery given the possibility of nausea after anesthesia.

FOLLOW-UP

Typically, you will have a postoperative appointment about 2 weeks after surgery. This will be scheduled before surgery in most cases and can be done in Eden Prairie or Eagan.

QUESTIONS OR CONCERNS

Please reach out to Dr. LaPrade's office at 952-808-3090 or taylorheddle@tcomn.com (Dr. LaPrade's care coordinator) if there are any postoperative concerns. This may include issues with pain control, the surgical wound, fevers or chills, concern for leg swelling/DVT (blood clot), shortness of breath, or others. We will make every effort to respond within 24 hours during the week.

TCO also has an urgent care open at 12 different locations from 8 am-8 pm including weekends, and this provides you the chance to see an orthopaedic provider if an in-person visit is needed. If there is an urgent postoperative question after 5 pm or on weekends, there are other providers available for telephone support at 952-808-3000. We recommend trying any of these routes above over an emergency room if the issue is not a true emergency.