

# **Shoulder Replacement Surgery**

## **Postoperative Instructions**

### **Michael S Bahk, MD**

#### **Diet**

1. You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

#### **Wound Care and Bathing**

2. Change your dressing 2 days after surgery and replace with clean gauze and skin friendly tape from your local pharmacy every 2 days.
3. You cannot get the wound wet prior to 5 days! It is ok to shower 5 days after surgery. Water may wash over the site and then pat dry. Do not submerge the wound in water (bathtub, Jacuzzi, swimming pool) for 2 weeks after surgery.

#### **Pain Medication**

4. Take your pain medication as prescribed. This usually means 1 tablet every for 4 hours for mild pain or 2 tablets every 4 -6 hours for worse pain. You may want to take it regularly for the first 48 hours after surgery. Do not take any additional Tylenol.
5. The pain medication may make you constipated so you may want to take a laxative with it (prunes, Metamucil, over the counter laxatives such as colace).
6. Do not take any nonsteroidal anti-inflammatory pain medications for the 1<sup>st</sup> 6 weeks after surgery: Advil, Motrin, Ibuprofen, Aleve, Naproxen, Naprosyn.
7. No driving while taking any narcotic pain medication or while wearing the sling!

#### **Blood Clot Prevention**

8. Take one 81 mg aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/allergy or asthma.

#### **Sling & Therapy**

9. Use your sling for the first 6 weeks after surgery. You should use the sling as a protective device outside the home, such as in a crowd.
10. Remove your sling 3x/day and move your elbow, wrist and fingers fully so they don't get stiff.
11. Also perform your dangle stretches 10 repetitions at least 3-5x/day – morning, midmorning, afternoon, evening, before sleep.
12. Active reaching and lifting are not permitted.

#### **Follow-up Care**

13. Watch for signs of infection (temperature > 101.5°F, persistent bleeding or drainage from the wound, foul odor) persistent numbness, tingling, weakness in the arm or hand, progressively worsening pain unresponsive to pain medication,

- chest pain or difficulty breathing. If you have any of these symptoms, call the office if during normal business hours or go to the nearest emergency room!
14. If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 7-10 days after surgery at (805) 578-8550 or (818) 901-6600.
  15. If you have any further questions, please do not hesitate to call.

***Practice Coordinator/Surgery Scheduler/Medical Assistant  
805-578-8550, extension 6825 or 6438***