

## Total Shoulder Arthroplasty Discharge Instructions

### Incision Care

When you are discharged from the hospital, you will usually have a water resistant bandage over your incision site. You may shower with this bandage on. **Leave the dressing in place until seen by the Surgeon at the follow up appointment.** You will be given a different type of dressing to replace the surgical dressing if it becomes saturated. This is also waterproof. Should that dressing become wet, please remove it immediately. It's important to remember that you shouldn't immerse the incision site under water. On **day 14** after your surgery, as long as your incision has remained dry, you may shower normally and get your incision wet. Just pat it dry afterwards with a clean dry towel. You can then leave it open to the air. We usually don't recommend applying any lotions or creams to the incision until around 5-6 weeks after surgery. Do not immerse in bathtub, pool or Jacuzzi until 30 days after surgery. **Contact us if you notice any new redness, swelling, or drainage that arises after your incision has already healed.** Also monitor your temperature daily. If your temp is greater than 101.5 and not relieved with acetaminophen, please call the office.

### Activity

Keep sling on at all times. You may place a pillow under your arm to help with support while sitting. Please continue exercises as provided by Physical Therapy during your hospital stay. Do active range of motion exercises of the elbow, wrist and hand **ONLY**.

### Diet

Resume a healthy diet when you return home. If your regular doctor has you on a low salt or diabetic diet, make sure that you follow these recommendations.

### Sleep

It is quite common to have difficulty sleeping for the first month after a joint replacement. This is due to multiple things: anemia, pain, and changes in your medications. Eating well, avoiding caffeine, and not taking too many naps during the day help. Over the counter Benadryl (25mg) can often help at night. If you're experiencing severe sleep disturbances, let us know at your first follow-up visit. We may prescribe a stronger sleeping pill.

## Pain Medications

Take the prescribed pain medications as directed only if you are experiencing pain. Light amounts of pain can be managed for mild pain, however, do not take this type of medication (Advil, Motrin, Aleve, or ibuprofen) if you have been prescribed Celebrex. Tylenol usage is still ok. It is also ok to take a pain pill before therapy sessions as long as you have someone to drive you to and from the therapy center.

## Follow-up Appointment

You should have a follow-up appointment for 7-10 days after your discharge from the hospital. Call **800-943-8099** if you don't know the date or time of your appointment.

## Driving

You may drive when the surgeon clears you, and you are **no longer taking the prescribed pain medications**. You can drive after taking Tylenol or NSAIDs.

## Constipation

Although it would be ideal for you to have a normal bowel movement before your discharge from the hospital, it is common not to have one for 5-6 days after surgery. This is directly related to how your intestinal system responds to the anesthetic medications and pain medications to which you've been exposed. It is highly recommended that you take either Senokot-S or Colace after discharge while taking pain medication; these are over-the-counter medications and should help. Daily prune juice, caffeine and plenty of water should resolve this issue. If you experience persistent problems with constipation, we recommend using an over-the-counter laxative or enema available at many of the drug stores. If these remedies do not work for you, contact your primary doctor for recommendations.

Keep up the **GOOD WORK**. Call us at **925-939-8585** if you have any concerns.