



POSTOPERATIVE INSTRUCTIONS – SHOULDER Arthroplasty

ROM

- Passive ROM immediately after surgery
- Active ROM immediately after surgery
- Light strength immediately after surgery
- Sling can be discontinued when convenient to you

MOVEMENT

You should flex and extend your elbow, shoulder, hand, wrist, fingers 3 to 4 times a day to prevent stiffness.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. Retain the surgical dressing until post-op appointment.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

MEDICATIONS

The nerve block will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin

taking the **pain medication** when you get home from surgery. This will prevent you from having severe pain.

Pain medication regimen:

- 1- Tylenol 1 g (two of the 500 mg tabs by mouth after food) every 8 hours start immediately after surgery
- 2- Naproxen 500 mg (one 500 mg tab by mouth after food) morning and evening (twice daily) start immediately after surgery
- 3- Aspirin 81 mg (one 81 mg tab by mouth after food) morning and evening (twice daily) start the evening after surgery
- 4- Oxycodone (5 mg tab) -this can be taken as needed for residual pain or discomfort despite taking the schedule Tylenol, Naprosyn and Aspirin. Please make sure you are taking the other three medications as scheduled and described above then take the oxycodone as needed every 4-8 hours. You can wean off the oxycodone by taking half tabs every 8-12 hours after first week. Take one tab 1 hour before physical therapy appointments as well if that helps.
- 5- Do not use oxycodone as a sleeping aid after surgery, if pain at night, consider replacing the evening dose of Tylenol with Tylenol PM not to exceed 4 g of Tylenol maximum every day.