OCR
ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES

SPECIALISTS IN THE
MEDICINE OF *motion*

Sean Grey, MD

Shoulder Disorders & Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, shoulder disorders, and sports medicine. We encourage you to learn more about Dr. Grey, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!

POST-OPERATIVE - TOTAL SHOULDER ARTHROPLASTY

Please read these instructions **BEFORE** your surgery so you will be better prepared for your recovery period. We suggest keeping them close by to refer to after your surgery. Please call Dr. Grey's office with any questions at 970-419-7212 or 970-420-8772.

General Instructions:

After your surgery, please go home directly and rest. You will be much more comfortable lying with your head elevated such as in a recliner. Rest under the supervision of an adult. Try not to be alone the first 24 hours. Following anesthesia, you are considered under the influence of drugs for 24 hours. **DO NOT** drive, operate machinery, or make any important decisions during this time.

Drink plenty of fluids and progress to a regular diet as tolerated. Apply ice intermittently to your shoulder for the first 24 hours. Continue as needed for pain and swelling for up to 2 weeks. No hot packs!

Pain Control:

You were given numbing medicines during surgery that can last 5-6 hours. If you had a block, too, this can last 10-12 hours. It is normal to get an increase in pain after these wear off.

Pain Control (continued):

For the first 72 hours, take 2 pills every 4 hours:

- Take pain medicine as prescribed by your doctor.
- Take pain meds with food. Allow 30+ minutes for the meds to start working.
- Pain meds may not take away all of your pain, but make it more tolerable.
- Decrease pain meds as pain dictates.
- Pain meds can cause constipation. Drink water and eat foods high in fiber, and use a laxative as needed.

No anti-inflammatories for 8 weeks after surgery.

Wound Care & Dressing Changes:

You will go home with post-op bandages covering your shoulder. Please leave this on 24 hours for arthroscopies, and 48 hours if it was an open incision. Take all the dressings off, **but please leave your Zipline on until the first post-op.** It is normal for the incision to drain up to 3 days. Showering is ok after two days and it is okay to get the incistion wet with soap / shampoo. **NO** baths until the incision is closed (1-3 weeks). **NO** hot tubs until the sling is discontinued.

Concerns / Problems:

Keep an eye on your incision to watch for any infection. Notify the office immediately if any of the following symptoms occur:

- Persistent Fever (Above 101°) or Chills
- Marked Redness, Swelling, Warmth Around Incision Site
- Thick Drainage with a Yellow Green Tint
- Excessive Bleeding or Drainage
- Persistent Nausea and / or Vomiting
- Pain Not Controlled by Medications
- Breathing Difficulties
- Rash or Skin Irritations or Itching

Immobilzer for 6 Weeks:

You will leave with a post-op immobilizer on your shoulder. Wear your immobilizer as instructed at your pre-op visit. If you had a **repair or reconstruction** done, then you need to wear the immobilizer **at all times** except to shower, change clothing, or do Physical Therapy / Post-Op Exercises. If you are not sure, please ask! **The immobilization is critical to certain surgeries and incorrect usage could result in a failure of your reconstruction.**

Driving:

It is best not to drive an automobile until you:

- Are No Longer Using a Narcotic Pain Medication
- Are Driving an Automatic, or Out of Your Sling for a Stick Shift (See Your Doctor)
- Feel Safe Driving Yourself

Activity / Recovery Time:

how quickly you recover is dependent upon the surgery findings and the extent of repairs on your shoulder. It is a good idea to let your body rest and recover for 2-3 days following surgery, and have limited activity during those first few days. Arthroscopic surgeries usually recover quicker than open procedures. Return to work can be in as few as 3-4 days or as long as a few weeks depending on the type of work you do and the surgery you had done. Please check with your physician.

Post-Oprative Appointment:

This is scheduled 5-10 days after surgery and should be made at the pre-op visit. The sutures are removed and we will review surgical findings. Physical Therapy is initiated if necessary.

Post-Operative Exercises:

These are shown to you at your pre-op visit with the pictures that follow. These are to be started the day of surgery (or after your pain block wears off) and continued daily until the post-op visit. The exercises are simply done for circulation and passive range of motion and NOT for strengthening. Go slow and gentle and relax your shoulder as much as you can. Use pain as your guide, but these exercises actually help to decrease pain. Use pain medications before and ice after if needed. No immobilizer on for exercises.

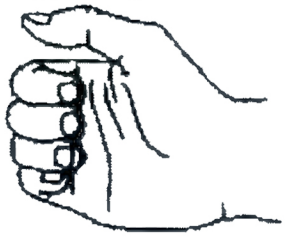
Exercise Guidelines:

Each Exercise

- 6 Times a Day
- 3 Minutes Each
- Begin the Day of Surgery
- Continue Until Post-Op Visit

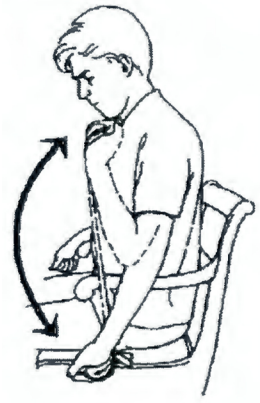
Hand / Wrist Movement:

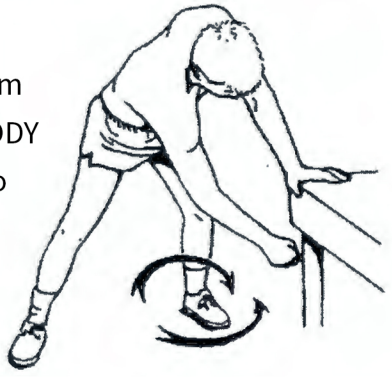
Open and close fist, or gently squeeze a stress ball. It's ok to wiggle fingers and roll wrist. NO tennis ball or putty.



Elbow Range of Motion:

Bend and straighten your elbow keeping your upper arm to your side (don't let your shoulder move).



Pendulum Exercise:

Lean forward and let your arm "dangle" and SWAY YOUR BODY gently back and forth, side to side, and in circles. Don't move your shoulder, let it swing. (Be an elephant!)