

## TOTAL SHOULDER/REVERSE SHOULDER DISCHARGE INSTRUCTIONS

### Medications

- ◆ Regular Tylenol (acetaminophen), 1-2 tablets may be taken every 4-6 hours, if needed, for discomfort
- ◆ Review medication instruction sheet given by your nurse for your prescription medications

### Diet

- ◆ Regular – Eat a well-balanced diet
- ◆ A Multi-vitamin capsule each morning for 1 month is encouraged

### Incision / Line Care

- ◆ Your incision will be inspected 10-14 days after surgery at your follow-up visit with Dr. Badman. You should keep the incision covered by a bandage or waterproof dressing until your follow-up visit. There are no sutures to come out. All your sutures are internal and absorbable.
- ◆ If you notice any of the following symptoms of infection, please call Dr. Badman's office immediately:
  - Drainage from the incision
  - The incision becomes red and very hot
  - You develop a fever over 101.5 degrees

### Bathing / Showers

- ◆ You may begin to shower 1 day after your surgery. The dressing in place is waterproof. **DO NOT APPLY LOTIONS OR CREAMS OR ANTIBIOTIC GELS TO THE INCISION SITE FOR A MINIMUM OF 2 WEEKS AFTER SURGERY.**

**◆ YOUR IMMOBILIZER MAY BE TAKEN OFF FOR SHOWER PURPOSES BUT WHILE OUT OF SLING PLACE ARM ON BELLY. YOU MAY GENTLY STRAIGHTEN THE ARM DOWN TO THE SIDE AND WASH UNDERNEATH YOUR ARMPIT AS WELL. YOU MAY REFERENCE THESE INSTRUCTIONS AND VIDEO DEMONSTRATION AT [INDYSHOULDER.COM](http://INDYSHOULDER.COM) UNDER POSTOPERATIVE INSTRUCTIONS OR THE MEDIA TAB.**

### Shoulder Sling/ Immobilizer

- ◆ It is important that you use your sling or immobilizer full time until it is removed by Dr. Badman. This generally takes around 4-6 weeks. This is important because to enter your shoulder, a rotator cuff muscle is taken off the bone and then repaired at the end of your surgery. If you move your arm too rapidly too soon this may damage the repair and result in a poor outcome for your replacement.

### Daily Activity

- ◆ Straightening your elbow and moving your wrist several times a day is extremely important after your surgery. This will prevent stiffness from setting into the elbow and may prevent the feeling of your fingers falling asleep.

◆ **You may not drive a car without your surgeon's approval.** The decision to resume driving your car is usually made by your surgeon around 4-6 weeks postoperatively. You are not to drive while taking narcotics and you are safest and least restricted once your sling is off.

### **Sleeping**

◆ Most patients find it more comfortable to sleep in a recliner for the first 2-4 weeks after surgery. You may also try sleeping in your own bed with several pillows to help elevate your chest and prevent strain and pain on your shoulder.

◆ Your sling should be worn while you sleep to prevent you from twisting and injuring arm at night.

### **Average Recovery Time**

- **First 6 Weeks:** Immobilizer in place; frequent soreness, stiffness and pain; therapy at 3-4 weeks
- **3 Months:** Soreness/Stiffness begin to resolve and motion improves; transition to home therapy
- **6-9 Months:** Optimum; continued improved motion and strength till 12-18 months postop

### **Lifelong Fitness.**

◆ The goal of your surgery is a shoulder that will allow you good motion and the ability to do your everyday activities without pain. **This shoulder is NOT INDESTRUCTIBLE.**

General conditioning of the shoulder is recommended and can include:

- Bicep Curls and Tricep Extensions
- Nautilus type chest presses (free weight bench press should be avoided)
- Swimming, Golf, Tennis, Pickleball

### **Preventing Infection**

◆ Preventing infection is extremely important for the rest of your life. Bacteria from a variety of sources can enter your bloodstream and invade the area surrounding your new joint. A list of possible sources of infection are below:

- **Dental Work:** Cleaning, drilling, extraction, root canal should be postponed for 3 months after surgery. It is not generally necessary to take antibiotics after 3 months unless you have a condition that causes your immune system to be weak.
- **Tattoos**
- **Urinary Tract or Bladder Infection:** Symptoms: Pain, burning, fever, blood in the urine, increased need to urinate. See your internist immediately
- **Infection in the ears, throat, vagina, etc.** Symptoms: Pain, fever, redness or drainage. See your internist immediately
- **Any invasive procedure, for example, proctoscope, cystoscope, colonoscopy:**

**Inform your doctor that you have an artificial joint and need to be given antibiotics to protect it during these tests.**

### **Follow-up Instructions:**

- ◆ Contact 800-622-6575 for questions or concerns; Otherwise follow-up as scheduled in approximately 2 weeks postoperatively.