

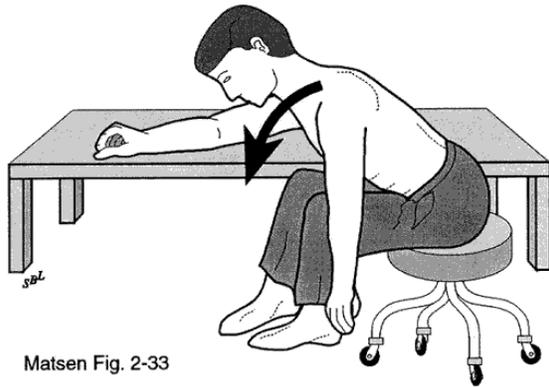


POST-OPERATIVE INSTRUCTIONS

PROCEDURE: ANATOMIC/REVERSE TOTAL SHOULDER ARTHROPLASTY

- Pain Medication: You will be given a prescription for pain medication for after surgery. It will be **e-prescribed to your preferred pharmacy on file**. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Tramadol, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation. You may additionally take an anti-inflammatory such as Ibuprofen, Motrin or Naproxen with your pain medication if you are able to.
- Activity (as marked):
 - Non-weight bearing
 - Sling at all times except to shower and perform exercises; elbow/wrist/hand motion and shoulder pendulums. Physical therapy to begin after post-op appt.
 - Sling will be worn for 4-6 weeks.
- Grooming: You may begin using your hand to comb your hair, to shave, and to wash your face as tolerated. Put your operated arm through the sleeve first. You may use your arm to button your shirt and to fasten your pants. Do NOT use your operated arm to tuck in your shirt. DO NOT use your operated arm to push off.
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- Dressing: Will have a Prineo dressing. Prineo is a clear mesh like bandage. Prineo will stay on until post-op appt, outside bandages may be removed 48-72 hours after surgery. Okay to shower 48-72 hours after surgery. May get the incision wet, no submerging the area for 4 weeks. May apply dry sterile dressings back over the incision.
- Post-Operative Appointment: Post-operative appointment will be 10-14 days after your procedure.
- Prescription Refill Protocol: Pain prescription refills require an appt. Please call at least 48 hours in advance if you need a refill. Many medications now require an electronic prescription and cannot be called into a pharmacy. Prescriptions will not be filled over the weekend.
- When to call your surgeon: Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - ◆ Persistent fever >101, chills
 - ◆ Increasing pain at the surgical site
 - ◆ Increased swelling/pain in the calf
 - ◆ New onset numbness or tingling
 - ◆ Hives or new rashes
 - ◆ Shortness of breath or chest pain
 - ◆ Persistent nausea/vomiting
 - ◆ Drainage from your incision lasting >5 days

- Other Instructions:
- Examples of Exercises:



Matsen Fig. 2-33



Antibiotic Prophylaxis

Although it is very rare, an artificial joint can become infected by the bloodstream carrying infection from another part of the body. Therefore, it is important that any bacterial infection be treated promptly by your medical doctor. Routine colds and flu as well as cuts and bruises do not need to be treated with antibiotics.

Patients should take **Amoxicillin 2 grams** one hour before having any of the following procedures. If you are unable to take Amoxicillin, use **Clindamycin 600** mg one hour before the procedure. Amoxicillin is a form of penicillin, if you are allergic to penicillin, you should take Clindamycin, not Amoxicillin. Another alternative to Clindamycin is Biaxin 500 mg and Zithromax 600 mg.

Please let your doctor know about your joint replacement and need for prophylaxis.

- Dental work or tooth cleanings
- Skin biopsy
- Podiatric procedures involving cutting into the skin
- Cystoscopy-Your doctor may choose another antibiotic, but antibiotics must be given
- Colonoscopy-same as above cystoscopy
- Endoscopy—same as above cystoscopy
- Dermatologic procedures which involve cutting into the skin. ‘
- Invasive gynecological procedures

Patients do NOT need to take antibiotics for the following procedures:

- Pedicures/Manicures
- Gynecologic exams
- Cataract surgery
- Injections or blood work

You may have a flu shot at any time following your surgery. Please do not schedule any routine dental work for **three months** after your joint replacement. Likewise, please call if you have a gum or tooth infection.