

# **POSTOPERATIVE INSTRUCTIONS**

## **REVERSE TOTAL SHOULDER REPLACEMENT**

### **MOVEMENT**

For the first 10-14 days after your surgery, you must wear your sling at all times including while you are asleep. You may only remove the sling to shower and to perform range of motion exercises for your elbow. You should flex and extend your elbow 3 to 4 times a day to prevent stiffness.

In order to replace your shoulder joint, a muscle in the front of your shoulder had to be cut during your surgery. This muscle was then reattached and repaired at the end of the procedure. However, because of this you should not move your elbow away from your body as this may damage the repair. Also, do not externally rotate your arm past neutral. You can extend/raise your arm forward only, as if you were bringing your arm to a salute position.

### **ICE**

An ice machine will be offered to you prior to your surgery through a DME company, Restore Motion. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. The more you do it, the better you will feel. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If you choose to not use an ice machine, cold/gel packs can also be used at prescribed intervals above.

### **ACTIVITY**

Arrangements will be made by our office to have a physical therapist come to your house 2 times a week for the first two weeks after surgery. If you go to a rehab center, a therapist there will work with you. Once you come into the office for your post-op visit, we will give you a prescription for outpatient physical therapy. This will be twice a week and for approximately 6-12 weeks.

### **MEDICATIONS**

A nerve block was performed where an injection of local anesthesia was injected into your shoulder after the completion of the operation. During this time, you will have little to no feeling in the body part where you had surgery (i.e. arm). This nerve block will wear off in 18-24 hours - you will know this is happening as your hand and arm will tingle. 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 (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

Once the nerve block has worn off completely, you may continue to take the pain medication every 4-6 hours as needed for pain for the first 24-72 hours. This will prevent you from having severe pain. If you are not in pain, you do not need to take any.

The day after surgery, you should take **600 mg of Ibuprofen** (Advil/Motrin) three times per day with meals to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.

A **nausea medication** will be given to you as well (Zofran). You can take this medication every 4-6 hours as needed for nausea that may occur as a result of anesthesia and/or pain medication use.

## **DRESSING/BANDAGES**

Your shoulder dressing is waterproof. You may shower the next day after surgery, but do not take a bath or submerge your shoulder in water until your incisions are checked at your first post-op visit. Your stitches are buried under the skin and will dissolve away over time.

You may have bruising around your shoulder that can track down your arm. If you notice that there is bruising on your shoulder, arm, elbow, wrist, or hand (and you don't have pain in these places), then don't worry, this is normal.

## **DRIVING**

You may drive approximately 2-3 weeks after surgery if you are not taking pain medication. It is recommended that you are out of the sling and that you have good control of your arm prior to driving.

## **APPOINTMENT**

You will receive a call from the office within a few days of your surgery to confirm your postoperative appointment. This should be scheduled 10-14 days after surgery at your surgeon's office.

If you have any questions or concerns, please contact our office at (310)860-3048 or email us at [surgery@snibbeorthopedics.com](mailto:surgery@snibbeorthopedics.com)