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Anatomic Shoulder Arthroplasty Discharge Instructions

PAIN MANAGEMENT

- **INTERSCALENE NERVE BLOCK** - A combination of local anesthetics are used to numb your shoulder and arm so your brain will not receive any pain signals during and immediately after surgery. The length of effect varies from person to person, but the block usually provides 8-12 hours of pain relief. You will notice a gradual increase in pain as this begins to wear off at which time you can increase the frequency of the oral pain medications as needed.

- **ORAL PAIN MEDICATIONS**

You will be sent home on a few different pain medications, the combination of which is intended to give you the best pain relief possible as each medication works through a different mechanism of action. Please only take these medications as directed and call our office with any questions or concerns you may have.

- **Tylenol 500 mg**

- Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery

- **Celebrex 200mg**

- This is an anti-inflammatory medication.
- Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
- You should take this medication with food.
- *If you have an allergy to medications containing sulfa, you will be prescribed Naproxen 500mg.
 - Naproxen 500mg is also an anti-inflammatory medication.
 - Take one tablet twice per day for 2 weeks.

- **Tramadol 50 mg**

- This is a non-narcotic pain medication.
- You may take this medication every 4-6 hours as needed for moderate level pain (pain scale 4-7).

- **Oxycodone 5 mg**

- This is a narcotic medication.
- If the Tylenol and Tramadol are not controlling your pain, you may take one to two tablets every 4-6 hours as needed for severe pain (pain level 8-10).

- **Lyrica 50 mg (Pregabalin)** or **Gabapentin 100mg**

- This medication is used to help with nerve pain and tingling sensations in your arm after surgery
- The Lyrica is taken this twice daily for two weeks following your surgery
- The Gabapentin is taken three times a day for two weeks following surgery

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. **YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

- **ANTI-NAUSEA MEDICATIONS**

- **Zofran 4mg**

- This is a nausea medication that is only taken if you feel nauseous.

- **STOOL SOFTENERS**

Post-operative constipation can result due a combination of inactivity, anesthesia, and pain medication. To help prevent this, you should increase your water and fiber intake. Physical activity such as walking will also help stimulate the bowel.

- **Colace 100 mg (Docusate Sodium)**

- Take 1 tablet twice daily while on narcotic pain medications or until bowel movements are normal

- **OTHER**

- **Aspirin 81 mg**

- Take 1 tablet twice daily for 3 weeks following your surgery
- This medication is not used as a pain reliever, but for its anti-platelet effects to help prevent blood clots
- Do not take this medication if you are on another blood thinner

- **Pantoprazole/Omeprazole 40mg**

- This medication is to protect you stomach while you are on the Celebrex or Naproxen

ACTIVITY INSTRUCTIONS

- **SLING: 6 WEEKS**

- You will need to wear the sling at all times (during the day and at night). You may remove it to *shower, get dressed,* and do your *exercises/physical therapy.* When the sling is off you may let your arm hang straight down at the side.
- You can adjust the straps on the sling as needed for comfort. Be sure that your arm is well-supported and your forearm is parallel to the floor.
- **We recommend that you DO NOT drive during the period of time your arm is in the sling**

- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery while awake**
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not receive the ice machine, you may use ice packs on the surgical area 20-30 minutes every 1-2 hours

WOUND CARE & BATHING

- **BANDAGE**

- You have a waterproof bandage on the incision. As long as this stays clean and dry, this can remain in place until your first follow up appointment.

- **BATHING**

- You can shower today
- To wash under your arm, bend forward and allow your arm to hang straight to the ground. You should not attempt to lift your arm overhead to wash under your arm.
- Do not submerge the incision in a bath, pool, or hot tub until the sutures are removed **and** the wound is healed.

- **SUTURE REMOVAL**

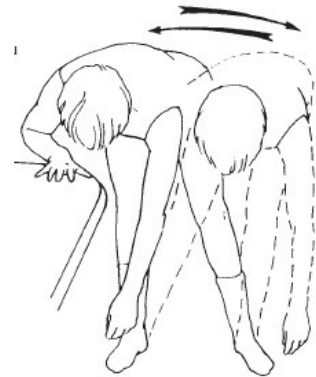
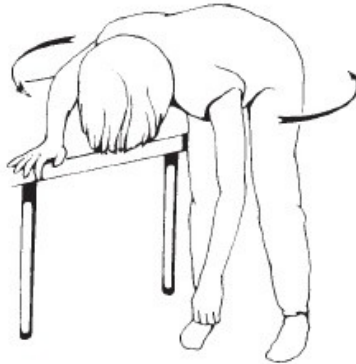
- Stitches will need to be removed in **10-14 days**. Please contact our office to make an appointment for this if you have not already done so.
- We prefer that you return to our office to have your sutures removed. If you live a great distance away and are unable to do so, you may have a local physician remove your sutures.
 - If you choose to do this:
 - **You must first contact that physician to confirm that they are willing and able to do so.**
- Keep an eye on your incisions for **signs of infection**:
 - Excessive drainage that is soaking through your dressing, especially if it is pus-like
 - Redness that is spreading out from the edges of your incision
 - Fever or increased warmth around the surgical area

CONTACTING OUR OFFICE

- When to contact our office immediately:
 - Fever > 101.5°F
 - Excessive bleeding from incision(s)
 - Signs of infection of incision(s)
 - Excruciating pain for which the pain medication is not helping

PHYSICAL THERAPY

- You may schedule your first physical therapy for after your first post-operative visit. Your physical therapy order, which you should hand-carry to your first visit, is attached to the back of this packet.
 - Physical therapy can be done at the facility of your choice.
- You may begin the home exercises listed below tomorrow. You can remove your sling to perform these exercises.
 - **PENDULUM EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - Bend forward at the waist using a table for support. Rock body in a circular pattern to move arm clockwise 10-15 times per set. Do 2 sets 3 times per day. Repeat rocking body from side to side and let arm swing freely.



- **ELBOW MOTION** (10-15 repetitions per set | 2 sets | 3 times daily)
 - Remove sling and allow arm to rest at your side (you may perform this sitting or standing). Allow your arm to straighten at the side, then gently bend elbow up. Position forearm with thumb facing up.



- **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - With your arm comfortably supported, gently bend wrist back and forth.
 - Curl the fingers into the palm to make a loose fist and then straighten them out.

