



POST OPERATIVE INSTRUCTIONS

Hemiarthroplasty and Total Shoulder Arthroplasty

Diet

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

Wound Management

- A bandage is applied to the operative site.
- It is normal for there to be drainage and for the dressing to become blood tinged
- Change the dressing daily.
- No showers until after the first post-operative appointment. Use of a garbage or plastic bag over the shoulder is advised to keep the wound dry. No baths or hot tubs!
- Sometimes small incisions are made that do not require suture closure. Please do not be alarmed by this.

Activity

- Keep operative arm in the sling provided at all times, with the exception of showering.
- Sling will likely be worn for 4-6 weeks.
- You are encouraged to walk in a controlled environment in order to avoid prolonged sitting.
- Remove the arm from the sling daily and do pendulum exercises of the shoulder.
- You may take you arm out of the sling during the day to allow the bending and straightening of your elbow, wrist and hand.

- No driving until instructed by your physician
- Sleeping may be performed in a reclining chair or bed with the use of pillows to support the operative site as tolerated.
- Generally, if you have a desk job you may return to work on the third post operative day, with no use of the operative arm.
- Return to a physically demanding job will be discussed on your postoperative visit.

Ice/Cryotherapy

- An ice machine or ice packs will be provided and applied at the conclusion of your surgery.
- Use continuously for the first 72 hours postoperatively, then in 30 minute increments 4-5 times per day thereafter as tolerated.

Medications

- Most patients require the use of narcotics for a period of time after surgery. Take as directed.
- If you received an interscalene block, numbness and loss of function may persist for up to 24 hours postoperatively. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain for the first 24 hours.
- Common side effects of pain medication: nausea, insomnia, itching, constipation, drowsiness, hallucinations.
- Take medications with food to reduce side effects

OVER

- Do not operate machinery or moving vehicles while taking the pain medication.
- Ibuprofen, Motrin, Advil or Aleve may be taken as directed in addition to the pain medication to control symptoms

Emergencies

- **If at any time you have questions or emergent concerns contact Dr. Van Thiel or his physician assistant Carly Jackson, PA-C at (815-398-9491).**
- If you are calling after hours or over a weekend you will be directed to the physician answering service and you may be called by the physician or physician assistant on call.
- Please call if any of the following arise:
- Fever >101. (It is normal to have a low grade fever for the first 1-2 days after surgery)
- Redness
- Painful swelling
- Numbness
- Shortness of breath
- Excessive bleeding and/or drainage from incision sites
- If you require immediate attention, go to the nearest emergency room

Follow-up

- A follow-up appointment will be set for 7-10 days after the surgery. If you have questions or concerns about this date contact our scheduler at (815-381-7365) during normal office hours.
- Physical Therapy will begin after your first postoperative visit.
- If you have additional questions or concerns most questions can be addressed by our Nursing staff (Jamie and Brittani) by calling (815-381-7365).

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