



# Postoperative Instructions

## Shoulder Replacement

Raymond R. Drabicki, M.D.

1. A pain script was provided in the office prior to your surgery. Please use it for postoperative pain management as directed on the script.
2. Ice should be applied to your shoulder 24 hours a day for the first 72 hours. After 72 hours, apply ice for 1 hour per day. Do not use heat.
3. A shoulder abduction pillow and sling have been provided for healing. **YOU MAY REMOVE IT FOR SHOWERS ONLY.**
4. Your shoulder will be immobilized until you are seen at your first postoperative office visit.
5. Your dressing should stay in place at all times. Showering is permitted with the clear occlusive plastic dressing in place.
  - a. You may remove the dressing and cleanse your wound on the 5<sup>th</sup> day after surgery. You may use warm, soapy water and a sponge / wash towel, but please refrain from immersing the wound. **DO NOT** remove any strips of tape (Steri-Strips) / sutures / staples. The Steri-Strips will fall off in time as the adhesive wears away and sutures / staples will be removed in the office. Continue to cover your wounds with a clean, dry piece of gauze. The clear occlusive plastic dressing will no longer be needed.
  - b. Please **DO NOT** swim, bathe in a tub, or use a whirlpool
6. Activities
  - a. You may have some residual numbness in your arm as a result of the block that was administered prior to surgery – this is normal and will wear off with time.
  - b. Please **DO NOT** use exercise equipment and **DO NOT** lift anything greater than 1 lb. with your surgically repaired extremity. You may write and type.
  - c. Squeeze a small ball to decrease swelling in your hand and forearm.
  - d. Please remain ambulatory and get out of bed and walk around the house at least 3 times per day.
  - e. A formal physical therapy program is not necessary at this stage of your recovery. You will be instructed on exercises during your first postoperative visit to our offices next week.
  - f. No driving until after you are seen in the office after surgery.  
 Continue daily pendulum and circumduction exercises. Exercises should be done twice daily.
7. Elevated temperatures or a mild fever (temperature slightly greater than 102 degrees) can be expected within the first 48 hours after surgery. Please Take Ibuprofen to decrease your temperature. After 48 hours from surgery any temperatures over 101 degrees, increased redness of the surgical site, or progressive swelling should be immediately brought to the attention of my staff.
8. Please contact our office to make or confirm your follow-up appointment for 10-14 days after surgery. This appointment is normally scheduled at the time you signed up for surgery. Please check your surgery packet for the location / date / time. Thank you for following the above instructions. If you have any questions please do not hesitate to call my office. My staff and I will be available to address your concerns **(412) 661-5500**.