



OUTPATIENT TOTAL SHOULDER/REVERSE SHOULDER DISCHARGE INSTRUCTIONS

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MEDICATIONS

- Regular Tylenol (acetaminophen), 1-2 tablets may be taken every 4-6 hours, if needed, for discomfort
- All home medications may be resumed as normal; blood thinners can be restarted the day after surgery.
- While blood clots are rare after shoulder surgery, it is advised that if you are older than 50, take Enteric Coated Aspirin 81mg once per day for two weeks as a preventative measure **unless you are currently taking other blood thinning medications (Coumadin, Xarelto, etc).**
- Pain medication may cause severe constipation. It is advised that while you are on pain medication that you begin a stool softener (PeriColace—over the counter—100mg twice daily); If you are very prone to constipation, you may even consider a laxative such as prune juice or magnesium citrate if unable to go within 2-3 days.

DIET

- Regular – Eat a well-balanced diet.
- A Multi-vitamin capsule each morning for 1 month is encouraged.

INCISION / LINE CARE

- Your incision will be inspected 10-14 days after surgery at your follow-up visit with Dr. Rinehart. You have a waterproof dressing on your shoulder now and may get in the shower the day following surgery. This dressing should remain in place until your follow-up visit. If any excessive drainage develops, please notify the office. **DO NOT PLACE ANY OINTMENTS OR TOPICAL CREAMS ONTO THE INCISION FOR A MINIMUM OF 2 WEEKS AFTER SURGERY.**
- If you notice any of the following symptoms of infection, please call Dr. Rinehart's office immediately:
 - Drainage from the incision
 - The incision becomes red and very hot.
 - You develop a fever over 101.5 degrees.

BATHING / SHOWERS

- You may shower the day after your surgery. The dressing you left the hospital or surgery center with is waterproof.

YOUR IMMOBILIZER MAY BE TAKEN OFF FOR SHOWER PURPOSES BUT WHILE OUT OF SLING PLACE YOUR ARM ON YOUR BELLY. YOU MAY GENTLY STRAIGHTEN THE ARM DOWN TO THE SIDE AND WASH UNDERNEATH YOUR ARMPIT BY GENTLY LEANING FORWARD.

SHOULDER SLING/ IMMOBILIZER

- It is important that you use your sling or immobilizer full time until it is removed by Dr. Rinehart. This generally takes around 4-6 weeks. Depending on the nature of your surgery this may occur sooner or later depending on the repair of a certain tendon attached to your shoulder.

SWELLING ABOVE YOUR INNER ELBOW/LOWER ARM

- This is normal and caused by the pressure of the abduction pillow and the gravity swelling of your arm from surgery. Some fluid will accumulate there and will resolve once the abduction pillow is removed from your sling. It often looks like a large bulge or bruise on the inside of your arm.

DAILY ACTIVITY

- Straightening your elbow and moving your wrist several times a day is extremely important after your surgery. This will prevent stiffness from setting into the elbow and may prevent the feeling of your fingers falling asleep.
- **You may not drive a car without your surgeon's approval.** The decision to resume driving your car is based on common sense. You are usually not safe to drive for 2-4 weeks. You should not drive at all while taking narcotics and you are safest and least restricted once your sling is off.

SLEEPING

- Most patients find it more comfortable to sleep in a recliner for the first 2-4 weeks after surgery. You may also try sleeping in your own bed with several pillows to help elevate your chest and prevent strain and pain on your shoulder.
- Your sling should be worn while you sleep to prevent you from twisting and injuring arm at night.
- Difficulty with sleeping is a common complaint after shoulder surgery. If this becomes a problem, you may try over the counter Benadryl 50mg taken at night to help you sleep.

AVERAGE RECOVERY TIME

- **First 6 Weeks:** Immobilizer in place; frequent soreness, stiffness, and pain; therapy at 3-4 weeks
- **3 Months:** Soreness/Stiffness begin to resolve, and motion improves; transition to home therapy; motion is continuing to improve.
- **6-9 Months:** Optimum; continued improved motion and strength till 12-18 months postop.

LIFELONG FITNESS

- The goal of your surgery is a shoulder that will allow you good motion and the ability to do your everyday activities without pain. This shoulder is NOT INDESTRUCTIBLE.
 - Please use common sense with overhead weight as this is where your arm will be weakest or in positions where your arm extended with a weight applied. General conditioning of the shoulder is recommended lifetime and can include:
 - Bicep Curls and Tricep Extensions
 - Nautilus type chest presses (free weight bench press can be performed but ideally lighter weight with higher repetitions)
 - Swimming, Golf, Tennis, Pickleball

PREVENTING INFECTION

- Preventing infection is extremely important for the rest of your life. Bacteria from a variety of sources can enter your bloodstream and invade the area surrounding your new joint. A list of possible sources of infection are below:
 - **Dental Work:** Cleaning, drilling, extraction, root canal should be postponed for 3 months after surgery. It is not generally necessary to take antibiotics after 3 months unless you have a condition that causes your immune system to be weak.
 - **Tattoos**
 - **Urinary Tract or Bladder Infection:** Symptoms: Pain, burning, fever, blood in the urine, increased need to urinate. See your internist immediately.
 - **Infection in the ears, throat, vagina, etc.** Symptoms: Pain, fever, redness, or drainage. See your internist immediately.
 - **Any invasive procedure, for example, proctoscope, cystoscope, colonoscopy:**

INFORM YOUR DOCTOR THAT YOU HAVE AN ARTIFICIAL JOINT AND NEED TO BE GIVEN ANTIBIOTICS TO PROTECT IT DURING THESE TESTS.

FOLLOW-UP INSTRUCTIONS:

- Contact 865-690-4861 for questions or concerns; Otherwise, follow-up as scheduled in approximately 2 weeks postoperatively.