TOTAL/REVERSE SHOULDER ARTHROPLASTY POST OPERATIVE EXPECTATIONS

Swelling/bruising: It is ***normal*** to have swelling and/or bruising in your shoulder, down your arm, and into your hand. To minimize this, please do the hand exercises given to you and elevate the affected extremity with your hand above your elbow, the best you can. Elevating and moving your fingers will decrease any swelling, stiffness, or pain you may experience.

Nerve block: You will receive a nerve block at the time of surgery. This will numb your entire upper extremity for up to 24 hours postoperatively. You will be in a sling to help support your arm.

Sling: You will keep the sling on at all times for 4-6 weeks post op. Remove the sling to shower. MAKE SURE TO CLEAN THE ARMPIT OF YOUR SURGICAL ARM AND ALLOW TO DRY FULLY. You should sleep in the sling. We recommend sleeping in a recliner or adjustable bed for at least the first 2 weeks to prevent excessive movement while sleeping.

Dressing: Please keep your dressing on until your post op appointment. Your dressing is **NOT** waterproof. You will need to cover this when you take a shower. If for any reason the dressing gets wet or is coming off, please call the office and we will bring you in to replace the dressing.

Pain: It is important to stay on top of the pain, rather than to wait until you are in pain to take medication. Once the nerve block wears off, it is common to experience increased pain. For this reason, we highly recommend taking the pain medication the night of surgery and the morning after - even if you are not in pain.

- For mild pain, or if you do not wish to take the narcotic prescribed, you may take 2 over the counter Extra Strength Tylenol (500mg) every 6 hours, not to exceed 4,000mg in 24 hours.
- It is normal to have some nausea when taking prescribed narcotic pain medication. If you experience this, you may purchase over the counter anti-nausea medication.

Driving: You are not to drive for at least 6 weeks post operatively. You are not to drive while taking narcotic pain medication or if you are immobilized in a sling.

Weight bearing: You should not lift, push, or pull anything greater than 1 pound (i.e., cell phone) for 12 weeks postoperatively.

Therapy: You will need to attend therapy 2 weeks post operatively. This will be *approximately* 2-3 times a week for 6-8 weeks. The time frame varies for each patient and their injury. Please find a location to attend therapy (we can provide a list of locations if you are unsure) so there is no delay in starting therapy, as it is an essential part of the healing process.