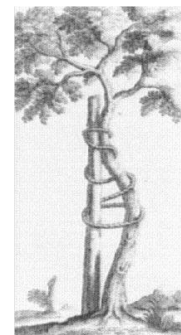




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## POST - OP TOTAL SHOULDER ARTHROPLASTY (TSA)

### While In Hospital

- You will be on a standardized protocol for shoulder replacements that the nurses and physios on the floor are well versed in.
- Your clear plastic dressing is to stay intact until you return to see me, it will be changed after your 2<sup>nd</sup> postoperative day ONLY IF it is draining excessively
- You will have a sling – please use it for the next 3 weeks for comfort
- Your job in hospital is to get moving as fast as possible. You may stand and walk immediately. You will begin pendulum exercises 5 times each day, a separate 5 times will involve removing your arm from your sling and doing the passive stretches shown to you.
- You have absorbable sutures in that do not need to be removed.
- If your wound is draining **EXCESSIVELY 7 days** after your surgery, **CALL ME** and start the prophylactic **ANTIBIOTICS** I have provided (Keflex or Clindamycin) **and RETURN TO SEE ME 14 days after your surgery** in the FRACTURE CLINIC (NOT your family doctor)

### What You Do

- Your follow-up appointment will be on the first **MONDAY 3 weeks AFTER** your surgery
- Your appointment will be at the Hamilton General Hospital, in the FRACTURE CLINIC (near the Emergency Department on the ground floor - follow the signs)
- Your appointment will be made for you prior to you leaving the floor
- You will have to **call the Fracture Clinic Booking Office** at 905 527 4322 ext 75665 to confirm the appointment when you get home
- Please do NOT call Zoryana (my secretary) as she will NOT be able to confirm this for you
- Fill your **prescriptions** when you are discharged: take the Tylenol # 3 as needed (you may also take over the counter anti-inflammatory like Naprosyn, Ibuprofen, Advil etc 2 hours after the pain pills)
- Use ice as needed
- Begin **physiotherapy** as soon as you can (I have given you a prescription)

If you have any questions, concerns, or problems (ie suddenly increased pain, fever, chills, night sweats, foul smelling discharge from your surgical site) please call my office at 905 526-8430 or **after hours** call the hospital switchboard at 905 527 4322, ext. **46311** and page the orthopedic resident on-call. Failing this you may contact your family doctor or as a last resort for urgent problems, you can go to the nearest Emergency Department.

### Frequently Asked Questions

#### **When can I bathe?**

- You may shower in hospital 2 days after surgery, keeping the incision dry and clean.

**What do I do for prescription repeats?**

- Call my office if needed — I will usually repeat prescriptions if needed when I see you in the Fracture Clinic. Generally I will only write prescriptions for the first 6 weeks — after that I would like you to get prescriptions from your family doctor.
- Please anticipate when the medication will run out, as I am not in the office every day. I can usually accommodate you promptly if I get 48 hours notice.