



POST-OPERATIVE INSTRUCTIONS

PROCEDURE: SHOULDER REPLACEMENT/HEMIARTHROPLASTY

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from the surgery center/hospital. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: You may remove your dressings and begin daily dry/sterile dressing changes to your incisions 3 days following surgery. (For example, if surgery was on Wednesday, do not change the dressing until Saturday.) Keep the incision clean and dry at all times. Do not begin showering until seen and evaluated by your surgeon (sponge bath only). You cannot soak the incisions in a tub, pool, or body of water for 4 weeks.
- Cold Therapy Machine: If provided, begin use the day after surgery. Use it three times a day at the manufacturer's setting for one hour each session. Always make sure to apply a barrier between the cold pad and your skin. If you have not been provided with a cold therapy machine, apply ice to surgical area in a waterproof bag for 20 minutes each hour you are awake.
- Activity: Use sling and abduction pillow at all times. **DO NOT REMOVE** unless working with physical therapy or performing exercises. You will begin passive range of motion after surgery as instructed by physical therapy including elbow and wrist range of motion. This is usually limited to 140 degrees of forward elevation and 30 degrees of external rotation, but may be adjusted by your surgeon. No active use of the shoulder. Sling will be continued for 4-6 weeks as instructed by your surgeon.
 - No shoulder active range of motion (AROM).
 - No lifting of objects
 - No excessive shoulder motion behind back, especially into internal rotation (IR)
 - No excessive stretching or sudden movements (particularly external rotation (ER))
 - No supporting of body weight by hand on involved side
- Dressing/Grooming: You may begin using your hand to comb your hair, to shave, and to wash your face as tolerated.
 - Put your operated arm through the sleeve first.
 - You may use your arm to button your shirt and to fasten your pants.
 - Do NOT use your operated arm to tuck in your shirt.