
Patient Surgery Discharge Instructions

Shoulder Replacement

These instructions are intended to guide your recovery to be as smooth as possible. Always follow any additional instructions given by Dr. Mayo or his team, contact the office if you have questions.

Activity

Weight Bearing

- You should not place any weight through your arm or lift any amount of weight until cleared to do so by Dr. Mayo

Sling

- Wear your sling/abduction pillow for comfort. If you are more comfortable with the sling off and arm hanging at your side you can remove it when you are ready, but no active motion.

Driving

- You may drive when you are off narcotic pain medications and no longer wearing the sling.

Sleeping

- You may find it more comfortable to sleep propped up in bed or in a reclining chair/couch.

Physical Therapy

- You can begin home physical therapy after surgery for passive motion only, outpatient PT will begin at 2 weeks after surgery.
- You should do the following home exercises several times per day until then.
 - Shoulder shrugs (up and back) and postural exercises
 - Elbow and wrist range of motion can begin on the first day. You should perform these exercises 4 times per day as tolerated.

Smoking

- Refrain from smoking as it can interfere with healing.
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Pain Control

Postoperative pain is common but should be controlled by these interventions.

Ice Therapy

- Apply ice or use your cold therapy unit, if you have one, as often as you can tolerate for the first several days after surgery. Wear it over your clothing.

Pain medications

- Tylenol (Acetaminophen) 500 mg
 - Take every 6 hours for 1 week (scheduled, not as needed) to control your pain.
 - After 1 week, take it as needed.
- Celebrex 200 mg – this is an anti-inflammatory pain medication.
 - Take twice a day for 1 week (scheduled, not as needed) to control your pain.
- Oxycodone 5 mg – this is a narcotic pain medication. Take as needed for pain.
 - Take no more than every 4 hours as needed for pain, stretching long if able.
 - Do not take more than prescribed. After this continue with acetaminophen.
 - This is the only prescription for a narcotic pain medication that we will provide. Any additional pain medications after this will need to be provided by your primary care physician.
- Tranexamic Acid (TXA) 650 mg – this is to reduce bleeding and swelling to improve pain and motion after surgery
 - Take 3 times per day, beginning the night of surgery, for 3 days



Other Medications

Blood Thinner

- Aspirin (Ecotrin) 81 mg – this is to help prevent blood clots after surgery.
 - Take twice a day for 28 days whether you are having pain or not.

Other Medications

- Promethazine (Phenergan) 12.5 mg – this is to help with postoperative nausea.
 - Take every 6 hours as needed for nausea/vomiting for up to 7 days.
- Colace 100 mg – this is an over the counter medication for postoperative constipation.
 - Take twice a day as needed for constipation.
- Cefadroxil 500 mg – this is an antibiotic to prevent infection after surgery
 - Take twice per day for 7 days

Home Medications

- Resume or hold home medications as directed in your discharge papers.

Dressings/Bathing

Bandages/Dressings

- Keep your bandages clean. If your dressings get saturated with blood, please call the office at the number below for instructions.
- Leave your bandage on for 5 days, or until home health changes
- Postoperative bleeding is not unusual. Reinforcing your dressing is alright. If you have concerns about the amount of bleeding, please call.

Showering/Bathing

- You can shower immediately as long as your bandage is well sealed and no water can get under the bandage
- OK to shower once bandage is removed allowing soapy water to run over the incision. Do not scrub the incision. Pat the area dry.
- No soaking in a bathtub or any swimming (pool, hot tub, lake, river, etc.).

Follow-up & When to Call

- Follow-up will be in approximately 1-2 weeks with Dr. Mayo or his team. If you do not have an appointment already scheduled, please call the office number above.
- If you have *any* concerns about your recovery, feel free to call our office. It is better to check early rather than wait if something seems wrong
- Call the office promptly and/or report to the Emergency Department for evaluation if you develop any of the following: signs or symptoms of infection, including fever >101.5, marked increase in pain, new redness, or increased drainage, particularly purulent drainage, or if you develop unusual chest pain and/or shortness of breath, significant calf swelling, tightness, or pain.
- Call the office or seek medical attention if you have calf swelling, redness, or pain; this can be a sign of a blood clot (DVT).
- If your fingers become cold, discolored, or you feel increased numbness or tingling, loosen the sling and/or bandages slightly and call the office if symptoms do not improve quickly.
- If this is after hours and urgent, please call 855-750-5757. If of an emergent nature, please go to your local Emergency Department to be evaluated.

