



THOMAS KREMEN, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY

(424) 259-9856 OFFICE

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Discharge Instructions after Open Shoulder Surgery **Surgery- Hemiarthroplasty for Proximal Humerus Fracture**

Immobilization/brace:

- A Sling has been provided for you with an abduction pillow. This allows for the shoulder repair to heal in the appropriate position.
- Your Sling should be removed 3 times daily to perform range of motion exercises at the wrist, hand and elbow.

Medications:

- You have been given a prescription for pain medicine (example: norco, oxycodone or Percocet). This medication can cause constipation, thus taking a stool softener is recommended such as Colace, dulcolax or senakot. Use the pain medication as needed for the first few days, then begin to taper yourself off. You may take Tylenol (acetaminophen) in place of the narcotic medication, however this must be limited to less than 4000mg total per day. If you have liver disease then do not take Tylenol unless directed by your Liver doctor or primary care physician.
- DO NOT take ANY anti-inflammatory pain medications (examples: Advil, Motrin, Ibuprofen, Aleve, Naproxen, Naprosyn). These medicines can inhibit the healing of your shoulder repair.
- Take one 325mg aspirin daily for 6 weeks after surgery, unless you have an allergy to aspirin or are already on an anticoagulant medication (blood thinner such as coumadin, warfarin or enoxaparin). This is to help prevent blood clots.

Other Instructions:

- DO NOT reach for anything, lift anything or drive until cleared by an orthopaedic surgeon.
- If you are a smoker, it is recommended that you refrain from smoking in the postoperative period. Smoking cigarettes or other substances will inhibit healing of your shoulder repair. Nicotine gum is better than smoking cigarettes; however, it still carries a risk of impaired healing.
- You may remove your dressing after 5 days after surgery and change it to a new sterile dressing. Tegaderm patches with sterile gauze or OPSITE dressings are the preferred dressing and can be worn in the shower, then changed.
- You may begin showering at 7 days after surgery. The incision should be covered with a Tegaderm or OPSITE dressing. The incision can get wet briefly but CANNOT be submerged under water (i.e. no pools, lakes, baths, etc.)
- Make sure your axilla (armpit) is completely dry after showering.
- DO NOT rub or scratch the incision.
- Remember that it is recommended you take antibiotics (usually amoxicillin 2grams orally, unless you have an allergy to this type of medication) 1 hour prior to any procedure in the future (ex. Dental work, toenail removal, etc.)

If you experience any serious problems or concerning symptoms, please call our office at:

- Regular business hours: **424-259-9856**
- After hours/weekends: 310-206-6766 and ask to be connected with the doctor on call for the Sports Medicine Service.

Warning Signs. Call the office if you notice any of the following symptoms:

- Chills or fever over 101° F.
- Bleeding or fluid draining from the incision more than 5 days after surgery.
- Foul smell/cloudy drainage from the operative site.
- New numbness or newly discovered inability to move a specific muscle
- Increased pain
- Wound edges opening (dehiscence)
- Excessive redness at the incision site or swelling/puffiness around the knee/incisions
- Increasing pain, particularly in your calf muscle
- If you experience significant chest pain or shortness of breath, please call 911 and/or go to your local emergency room immediately as this may represent a life-threatening emergency. Please call our office to keep us informed of any such events.

Please call 424-259-9856 to make a follow up appointment or to confirm that you already have a follow up appointment scheduled. You should be seen by Dr. Kremen approximately 10 to 14 days after surgery.