



OrthoTeam Clinic

Ashish M. Rawal, M.D.

2 Science Court, Madison, WI 53711

900 Ridge Street, Stoughton, WI 53589.

Telephone: 608-231-3410 Fax: 608-231-3430

Post-Op Instructions: for Total Shoulder / Reverse Arthroplasty

DIET

- Begin with clear liquids and light foods (Jell-O, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Wait until your first post-operative appointment to have Dr. Rawal's team remove the surgical dressing
- You have a water-proof dressing on your shoulder that allows you to shower immediately. The dressing does not need to be changed at home and will be removed at your first post-operative visit.
- It is normal to see some drainage on the dressing. The dressing itself will absorb drainage in order to keep your incision dry. If the dressing is to loosen or come off, please contact the office for a new dressing.
- Please do not place any ointments lotions or creams directly over the incisions.
- Once the dressing is removed **at the first post-operative visit** you can begin to get the incision wet in the shower (water and soap lightly run over the incision and pat dry)
- NO immersion in a bath until given approval by our office.

MEDICATIONS

Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

Acetaminophen (Tylenol)/OTC Anti-inflammatory medication (Ibuprofen or Aleve)

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

Blood thinner:

- Please take blood thinner as directed. Most patients are prescribed a daily Aspirin for six weeks after surgery. It is important to take as prescribed to help prevent blood clots.

Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

ACTIVITY

- You are to wear the sling placed at surgery for a total of 4 weeks as described by Dr. Rawal. This includes sleeping and throughout the day
- If there are 24 hours a day, you should be in the sling 23.5 hours of the day. Removal for hygiene, dressing, and home exercise only.

UPDATED: 2/05/2023



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- When sleeping or resting, inclined positions (ie: reclining chair) and a pillow under the forearm for support may provide better comfort **STILL IN SLING**
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- NO driving until 4 weeks.
- May return to sedentary work **ONLY** or school 3-4 days after surgery, if pain is tolerable

ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- You may use the ice machine for 2 hours on, then remove for two hours during the day until your first post-operative visit. Care should be taken with icing to avoid frostbite to the skin. **DO NOT PLACE ICE PACK / PAD DIRECTLY ON SKIN.**
- Icing should not be performed while sleeping.

EXERCISE

- Begin exercises (active elbow flexion/extension without resistance) 24 hours after surgery unless otherwise instructed.
- While maintaining your elbow by the side, begin elbow, hand, and wrist exercises immediately.
- Formal physical therapy (PT) begins at 1 week for Total Shoulder, 2 weeks for Reverse Total Shoulder following surgery.

EMERGENCIES

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants, for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.

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