

# **Riverview Health Orthopedics and Sports Medicine**

Dr. Stephen Jacobsen

Address: 14535A Hazel Dell Parkway, Carmel, IN 46033

Phone: 317-705-4392

Fax: 317-705-4391

Office Hours: 8:00 AM-5:00 PM M-F

After Hours: Above office phone number or 317-773-0760 (hospital operator)

## **Instructions Following Shoulder Replacement Surgery**

The instructions below are guidelines to help you during the initial postoperative period. Contact our office if you have further questions or need clarification of this information.

### **Activity**

- Minimize activity at home for the first 24-72 hours
- The sling is very important protect the work that was performed on your shoulder!
- It may not fit perfectly at first. We will adjust it in the office at your first postoperative visit.
- The sling is to remain in place FULL TIME except for exercises, bathing and dressing.
- You are encouraged take your arm out of the sling to work on wrist and elbow range of motion a few times a day to prevent these joints from getting stiff.
- Keep your elbow close to your side while performing these exercises.
- Sitting up in a chair or recliner may be more comfortable than lying down. This includes sleeping.

### **Wound Care**

- Leave dressing on until your first office visit.
- No baths or whirlpools until 10-14 days after the surgery.
- If the dressing becomes saturated/wet/soiled, remove it and replace with fresh gauze and tape or leave it open to the air if it is dry.

### **Cold Therapy unit (Cryo cuff)**

- Not all patients have this unit. This device helps to reduce pain and swelling after shoulder surgery.
- Use the device as much as possible for the first week.
- Change the ice every 1-2 hours to keep the temperature as cold as possible.
- It will work better once the dressings are removed

## **Nerve Block**

- Most patients will receive a single injection to numb up the entire arm and hand for 24-48 hrs. Because we use newer, long-acting medication in the nerve block, the pain control is usually excellent immediately after surgery.
- The block may cause prolonged numbness in the arm or hand. This will usually wear off completely after 5-7 days.
- In some cases patients will have an indwelling pain catheter placed around the nerves in your shoulder to help control pain after the surgery. This is commonly referred to as a pain ball or On-Q pump. A separate instruction sheet is provided for this.
- Adjust the rate to the lowest number on the dial that keeps the shoulder comfortable.
- The lower the number on the dial, the longer the On-Q pump will last.
- This will frequently cause numbness in the arm and hand for an extended period of time after surgery. Our goal is to get 3-5 days of use out of the catheter.
- Often times the catheter will move out of position causing it to not be effective. Sometimes it will come out near-completely on its own. If either of these circumstances occur, feel free to remove the catheter completely and discard it.

## **Prescriptions**

- Resume all of your regular home medications unless you are told otherwise by your doctor.**
- You will be given a prescription for a medication to prevent blood clots (blood thinner) for the first 2 weeks after surgery. In most cases this will be full dose Aspirin (325mg pill twice a day) or Enoxaparin (Lovenox). For patients taking baby aspirin (81mg), stop the baby aspirin for the first two weeks and then resume it as you would normally take it.
- *Postoperative pain control is managed by a multimodal pain management strategy. By attacking pain from multiple different pathways, we can seek to limit the amount of narcotic pain pills you will take. Your postoperative pain management begins before surgery with oral and IV pain medications and the Nerve Block that is performed by an anesthesiologist. It continues with multiple different medications after surgery, some for which you will receive prescriptions to take home after your discharge.*
- You will likely be given a prescription for a narcotic. In most cases this will be Hydrocodone/Acetaminophen (Norco), Tramadol (Ultram) or Oxycodone/ Acetaminophen (Percocet).
- You will likely be given a prescription for a non-narcotic pain medication/sleep aid Gabapentin(Neurontin). Take this at night because its main side effect is drowsiness.
- You may be given a prescription for an anti-inflammatory. In most cases this will be Meloxicam (Mobic), Naproxen(Aleve), Ketorolac (Toradol) and/or Ibuprofen (Advil/Motrin).
- Please fill them at the pharmacy and take them as prescribed.
- Narcotic prescriptions will not be refilled/replaced after hours or on the weekends.

## **Follow-Up**

- For patients who go home after surgery (either same day or next day), you will be seen in the office around 2-5 days after the surgery. Patients who stay at Riverview Rehab will be followed by your physician or his assistant while they are in house.
- Please call 317-705-4392 to schedule an appointment if one has not already been scheduled.