



optimorthopedics

Dr. George Sutherland

Discharge Instructions – Total Shoulder Joint Replacement

Your **Follow up Appointment** is scheduled for:

(Date) _____ (Time) _____ (Location) _____

If you have been given a script for your **Physical Therapy Appointments**; please call a location of your choice to schedule for the first weekday after returning home.

Medications: Take all medications as directed follow the instructions on the “Pain Medicine” sheet attached.

Diet and Fluids:

- Eat a well balanced diet to include all of the basic food groups (fruits, vegetables, whole grains, meat and fish)
- Foods rich in Vitamin C and protein will help the healing process
- Drink 6-8 glasses of water to stay hydrated and minimize constipation. Take an over-the-counter stool softener listed on the “Pain Medicine” sheet, if needed.

Hygiene / Wound Care:

- Keep your incision clean and dry. Change dressing daily, or sooner if becomes soiled or wet.
- You may shower on _____ (3 days post op), then daily after that.
- Leave your Coverderm dressing on while you shower then remove the wet dressing.
- Cleanse the incision with Dyna-Hex antiseptic solution, or mild soap for days 3-7, pat dry and apply a new Coverderm dressing.
- Do NOT submerge in a tub, pool or hot tub.
- Do NOT apply lotions, ointments or salves to your incision until you have seen Dr. Sutherland at your post-op visit, and he advises that this is ok.
- If you run out of Coverderm, use a ladies’ *non-deodorized* panty liner with pad side to the incision and secure with tape.

Activity:

- Do NOT drive until directed by Dr. Sutherland. Usually 4-6 weeks after surgery.
- Do NOT move your shoulder until directed by Dr. Sutherland or Physical Therapy
- Wear your shoulder sling for 6 weeks after surgery only coming out for P.T. and hygiene.
- Ice 4-5 times daily for 20 minute intervals to minimize swelling and pain.
- You will attend physical therapy 2-3 times a week for 6-8 weeks.
- Perform your exercises as instructed by therapy every day.

Complications to Watch for, and Call Sara at (843) 705-9401 if:

- Fever over 101 by mouth
- Pain increasing in intensity rather than decreasing and not relieved by the medication ordered
- Increased redness, warmth, hardness, or pus (creamed color) discharge from your incision
- Excessive calf swelling
- Calf or thigh pain or tenderness, swelling, redness, warmth
- If you experience chest pain, shortness of breath or difficulty breathing call 911



Nerve Block Instructions

Purpose of a Nerve Block:

You have received a nerve block today to provide you with post-op pain control. The nerve block takes away your ability to move the affected limb, feel pressure and sensation to touch, and blocks changes in temperature.

Type of Block given:

Upper Body: Interscalene Infraclavicular Axillary Bier

Pain Control:

You will feel limited movement and sensation in the affected limb from 12-24 hours. (This is an estimate, everyone is different)

When you leave the hospital be sure to have your pain medication filled, and start taking immediately as prescribed. Do not wait for the block to wear off.

If you are having a total joint as an inpatient procedure (staying overnight), your block will have worn off before you leave the hospital.

Activity:

Upper Body- Shoulders and Arms:

Keep the affected limb in the sling until full feeling returns (you may be ordered to keep it in the sling until seen by your physician depending on your surgery).

If you are in a sling, be sure that your hand and fingers are well supported, and not dangling out the end of the sling.

If you have been given an "egg crate" foam pad for your elbow, you may remove it after 24 hours. If not be sure to place a pillow under your elbow to protect your ulnar (elbow) nerve for 24 hours.

Do not allow anything hot to touch your affected limb. Your ability to sense heat has been diminished because of your nerve block.



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Dr. Sutherland's

PAIN MEDICATION LIST

Primary Pain Medications given after surgery:

-Hydrocodone (Vicodin, Norco, or Lortab)

-Oxycodone (Percocet)

Follow the instructions on the bottle for these given medications. If the medication is not easing your pain as prescribed you may take 1 pill every 4 hours or 2 pills every 6 hours. DO NOT take it more than this, as serious health problems may arise.

If you are not taking a blood thinner or Celebrex, You may also take 2-3 Ibuprofens (Advil or Motrin), 200mg tablets every 4 to 6 hours.

Side effects of Pain Medication:

-Constipation: Take whatever works for you. There are some options below:

- Prune Juice
- Senekot
- Miralax
- Colace or Pericolace

-Nausea: If you were given a prescription for Zofran/ Phenergan, take as prescribed. If you were not given a prescription, call Sara at (843) 705-9401.

For surgeries of larger magnitude, you may have been given Oxycontin (10mg) and Celebrex (200mg).

-Take 1 Celebrex daily. Do not mix Ibuprofen (Advil, Motrin, ext.) if you were given Celebrex.

-If given Oxycontin, take 2 tablets daily (1 in AM, 1 in PM). Do not take more than this as it is a long lasting pain medication. You will only be given 6 pills to last 3 days. If you have pain in between these 2 doses, take the Hydrocodone or Oxycodone as prescribed above.