



Post Operative Information for Reverse Total Shoulder Replacement

Activity:

- Follow precautions and exercises as described by physical therapy. Home health or outpatient PT/OT to evaluate and treat following Reverse Total Shoulder Replacement protocol. Passive ROM, and active elbow, wrist, and hand ROM. No overhead work or overhead lifting.
- Wear shoulder sling except for exercises.
- May ice incision site to reduce swelling and discomfort.

Special Instructions:

MEDICATIONS:

- Please call you physician or pharmacist for any questions about your medications or if for any reason you are unable to take prescribed medications.
- Take all medications as prescribed.
- DO NOT drink alcohol; operate automobile or other heavy machinery while on narcotic pain relievers.
- Narcotic pain relievers are constipating. We recommend regular use of over-the-counter stool softeners such as Surfak or Colace on a daily basis while on pain medication to minimize this side effect. Ensure adequate fluid intake and use a laxative as needed for constipation.

PROPHYLAXIS:

In order to decrease risk of postoperative complication:

- Mobilize regularly.
- Wear TED hose for 3 weeks on legs
- Take Aspirin Enteric Coated 81 mg (One tablet by mouth twice daily for 6 weeks.)

INCISION SITE CARE:

- Silverlon dressing has been applied prior to your discharge. The Silverlon dressing provides a highly absorbable bandage with a water proof barrier that helps prevent infection of your incision. Leave this dressing on for 5-7 days or until it peels off or becomes soiled. You may shower in regular manner but DO NOT submerge incision in water.
- Following removal/discontinuation of the dressing, keep incision site clean and dry. Avoid use of topical creams, ointments or lotions. Keep site covered with gauze dressing and change regularly until evaluated by an Orthopedic nurse, doctor, or PA on



follow-up.

- It may be normal to experience some mild burning and numbness around incision and is usually transient.

DEEP BREATHING/COUGH:

Continue to use your incentive spirometer after discharge and practice deep breathing.

PRECAUTIONS:

- Please call your doctor's office if you have any signs of infection such as: elevated temperature of 101 Degrees or higher, chills, productive cough, redness or drainage from incision site, foul odor from incision site.
- Please call your doctor's office or go to the nearest emergency department if you have any increased shortness of breath, decreased ability to tolerate activity secondary to chest pain, new or worsening unilateral lower extremity changes such as increased redness, swelling or increased pain.
- Do notify your primary care physician and dentist that you have had a joint replacement surgery and if you require any dental work, other surgery, diagnostic procedure or if you think you have an infection. Antibiotics may be indicate to prevent joint infection
- If you have any of these concerns, or other questions, please call. During the daytime the office phone number is (940)937-3636. After hours, you may call the ED at (940) 937-9131.

FOLLOW-UP:

Orthopedic Clinic in 2 weeks for wound check