



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

Shoulder Arthroplasty

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Incision and Dressing Care

- An Aquacel dressing will cover the incision. It is waterproof, so you may shower starting postoperative day 1.
- Do not soak or submerge the incision until cleared.
- Remove the Aquacel dressing 1 week after surgery. Underneath is a Dermabond mesh that should remain in place.
- Remove the Aquacel carefully so you do not pull off the Dermabond mesh. If the mesh comes off accidentally, continue with the plan as directed.
- Call the office if the Aquacel becomes saturated, starts leaking, lifts significantly, or loses its seal.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Sling and Activity Restrictions

- Wear the sling at all times as instructed, except when briefly removing it for hygiene or dressing.
- Do not actively lift or move the operated shoulder.
- Do not perform passive external rotation or active internal rotation of the shoulder.
- You may use the hand for light activities with the elbow kept near your side, but do not lift more than 2 pounds with the operated arm.
- Do not open jars or perform strenuous pushing, pulling, or lifting with the operated arm.
- Do not drive until you are cleared. Never drive while taking oxycodone, Percocet, Flexeril, or another medication that causes drowsiness.

Nutrition

- A balanced, protein-rich diet is encouraged. Protein shakes such as Ensure may be used if additional protein is needed.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- Persistent or increasing swelling, numbness, or pain in the arm or hand.
- A dressing problem such as saturation, leaking, or loss of seal.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.