



Bone & Joint Orthopedics Post-Surgery Discharge Instructions

Total Shoulder Replacement

1. Take your pain medication as prescribed. If you are experiencing problems with your pain medication, call the office at 812-242-3005 between 7 am and 4 pm. Pain medication will not be refilled or changed by the physician after hours. Our goal is to keep your pain at a tolerable level.
2. An ice pack has been placed on your shoulder to help decrease pain and swelling. Use ice to the affected limb as much as possible for the first 48 hours. Do not put ice directly on the skin. The more you use ice, the better your surgical limb will feel, and your pain will be easier to control
3. Keep dressing clean and dry. If you have a waterproof dressing (Aquacel or Therabond), you may take a shower with your dressing and it may be left in place until your follow-up appointment.
 - It is common to have some drainage in the dressing if the borders of the dressing is intact/not leaking. If not leaking, please leave the dressing in place until your follow-up appointment.
 - If the dressing becomes grossly saturated but the borders remain intact (not peeling off and not leaking), please call the office during business hours - Monday to Friday between 7 am to 4 pm.
 - If the borders of your dressing are peeling off OR drainage is leaking from the dressing, remove the dressing and apply a standard dry gauze dressing. Call the office during business hours - Monday to Friday between 7 am to 4 pm
 - If the dressing continues to be saturated or you cannot stop the bleeding, call 911 or go to the nearest hospital Emergency Room
4. Call the office at 812-242—3005 between 7 am and 4 pm if you notice the following:
 - Foul odor at the site of the incision or from drainage
 - Severe increased redness or swelling that is worse than the day before and not improved with ice.
 - Dressing is saturated and leaking through dressing
 - Fever greater than 101.5F
 - Nausea and vomiting
 - Calf pain or swelling
5. Rest for 24 hours. After 24 hours, follow instructions as given by the physician for activity. Stay in the sling except when removed for physical therapy.
6. Begin Physical Therapy as instructed by your physician.
7. Your shoulder and even your hand may be swollen after surgery. It may take a month or longer for all of this to go away. It is also common to notice bruising around the shoulder as the swelling goes away.
8. It is best to sleep with your head elevated and your arm propped up on a few pillows.
9. Exercise your fingers to decrease the amount of swelling and discomfort.
10. You may drive when no longer taking narcotics and no longer wearing a sling, or when instructed by your physician.

**** If the office is not available to answer questions, and you believe you must see a physician urgently, please go to UMG Convenient Care located at 221 S. 6th Street, Terre Haute IN 47807. No appointment is necessary.**

Convenient Care is open during the hours of:

- Monday to Friday 8 am to 8 pm
- Saturday 9 am to 3 pm
- Sunday 1 pm to 5 pm
- **If Convenient Care is closed and you believe you must see a physician urgently, please go to the nearest Emergency Room**

**** If you are experiencing shortness of breath, chest pain, pain when breathing, or bleeding that does not stop, please call 911 or go to the nearest hospital Emergency Room.**