



Reverse Total Shoulder Arthroplasty Post-operative Orders

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

Diet:

- Start with something light like soup and crackers. If you do not feel nauseated, you may eat your usual diet.

Wound Care:

- You have a bandage that is waterproof, do not take this off until you see Dr. Hamilton after surgery.
- If the bandage comes off your skin, please call our office right away, 520-784-6211.
- Do not scrub the area; just allow water/soap to wash over you.
- Do not bathe/swim or soak incisions in any way until 4 weeks post-operatively or until incisions are completely healed.

Ice:

- We recommend that you use icing on a consistent basis for the first 48-72 hours. This will help reduce post-operative swelling. After that, use as necessary.

- If an ice-wrap was not placed in the operating room or if you find this uncomfortable, apply ice packs for 20-30 minutes and then remove for a break period of at least 30 minutes to prevent frostbite to skin. If you place directly over bandage and it does not contact your skin directly, you may leave in place for a longer duration.

Sling & Weight Bearing Status:

- With reverse total shoulder, you will be placed in a sling.
- You need to wear the sling for 6 weeks. It should only be removed for showering and for your exercises. Until you have seen physical therapy, you should come out at least 3 times a day to move your elbow, wrist and fingers. Do not actively move the shoulder.
- You should not bear weight with your arm or use your arm to lift anything until 3 months after surgery.

Physical Therapy:

- Formal physical therapy will be ordered post-operatively upon discharge from surgery. If you change your plan to do therapy elsewhere through your recovery, please make sure you coordinate with Dr. Hamilton's team to have orders faxed to your preferred location. They can be reached at 520-621-5512 Following a reverse total shoulder you should start formal physical therapy within 2-7 days.

Medications:

- Resume all your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed. If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain. If you are prescribed Percocet or Norco, these medications already contain Tylenol, and you should not take Tylenol while you are taking these medications. If you have any questions regarding your medications, please call Dr. Hamilton's team at 520-784-6211.
- Taking an anti-inflammatory medication (NSAID) is recommended as long as you have no medical contraindication to do so. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over-the-counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.

- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

Follow-Up:

Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 520-784-6211 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.

Driving (If applicable):

- You may not drive while taking narcotic pain medications during the day.
- If you had surgery on your left leg and have automatic transmission, you may return to driving once you can comfortably position the leg in the car and are off your pain medications during the daytime.
- If you had surgery on your right leg, we recommend you do not drive for 4 weeks after surgery, or until you feel you could easily put necessary pressure to break quickly.

Please call the office between 8:00 am – 5:00 pm at 520-784-6211, or the After Hours Clinic at 520-784-6441, if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***

Tucson Orthopaedic Institute

East Office

5301 East Grant Road

Tucson, AZ