

SVO

SILICON VALLEY
ORTHOPAEDICS

Postoperative Instructions: Total Shoulder Arthroplasty (T.S.A.)

❖ GENERAL

- Your surgery was performed through an incision on your shoulder. It is normal to experience some sharp pain in the shoulder with active movement. You are not doing any damage by moving the shoulder or feeling this pain.

❖ DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated.
- If you develop nausea you can try over the counter medications such as Dramamine, Bonine, or Nauzene.

❖ WOUND CARE

- Keep surgical site clean and dry.
- Starting **post op day three**, you may now shower and get surgical site wet but do not submerge operative site (i.e. bath/pool) and do not scrub over brown thick film bandage. Simply pat dry after shower.
- If you note increasing drainage on the gauze, increased redness around the wound (spreading), or milky drainage from the wound, please call the office.

❖ MEDICATIONS

- The incisions are injected with a medication that makes the area numb; however, this will wear off in 8-12 hours. We recommend that you start pain medications when you get home so that it's in your system before this wears off.
- Most patients will require narcotic pain medications for a short period of time (max. 6 weeks)- this must only be taken as prescribed/written on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation- to decrease the side effects, take medication with food- if constipation occurs, consider taking an over-the-counter laxative.
- If you are having problems with nausea and vomiting, please contact the office at (510) 739-6520 and speak with a staff member about possible medication changes.
- **Do not** drive a car or operate machinery while taking the narcotic medication.

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- To prevent blood clots, make sure to take your Aspirin 325 mg twice a day for the first month as prescribed.

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❖ ACTIVITY

- Please stay in the sling at all times.
- Ok to remove sling **temporarily** to change clothes, shower, or do home exercises demonstrated on page 4.
- Avoid long periods of or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician and no driving while taking narcotic pain medications.

❖ ICE THERAPY

- Begin immediately after surgery.
- Use ice machine or ice (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit. Icing is a perfect time to also perform elevation.

❖ Physical Therapy

- Please make sure both home physical therapy and outpatient physical therapy appointments are confirmed and pre-scheduled before surgery date. Home physical therapy should be arranged to start post op day 1. The goal is to see home therapist three times a week for the first two weeks. Then outpatient physical therapy will start post op week 3 for twice a week for 6 weeks initially.

❖ EXERCISE

- IMMEDIATELY AFTER SURGERY: While you wait to meet your home therapist you can start pendulum and cradle home exercises after your surgery per tolerance. Spend about 5 minutes doing these exercise, 3 times a day as can tolerate. (See demonstrations at the end of packet)

❖ Dental Work

- Please remember to refrain from any dental work for the first 3 months after your surgery. After the 3 month marker you can resume dental visits as needed.

❖ Travel

- Please discuss any travel plans soon after surgery with your surgeon. Typically we prefer you postpone any domestic flights for 2 weeks post op and any international flights for 3 months post op.

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❖ EMERGENCIES**

- Contact Becca (cell phone: 408-707-0613) if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever greater than 101.5° at least 48 hours after surgery or chills
 - Redness that is spreading around incisions
 - Continuous drainage or bleeding from incision (a small amount is expected)
 - Excessive nausea/vomiting
 - Difficulty breathing/chest pain- Call 911 or go to the nearest emergency room.
- **If you have an emergency after hours or on the weekend, contact Becca on her cell number. She can connect you with me.
- ***Do NOT call the hospital or surgery center.**
- **If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

❖ FOLLOW-UP CARE/QUESTIONS

- You will receive a call within 48 hours of your surgery to check on your status.
- If you have additional questions, please feel free to email them using passport or to becca.lopez@formortho.com
- If you do not already have a postoperative appointment scheduled, please contact the office during normal business hours (8:00am-5:00pm) and ask to schedule one week postop for Dr. Reynolds patients and two weeks post op for Dr. Gay patients.

Exercises After Shoulder Arthroscopic Surgery:

Exercising your surgical shoulder may help speed up recovery. Improving your flexibility may reduce pain. Stretching exercises also help increase your range of pain-free motion. Breathe normally when you exercise. Try to use smooth, fluid movements.

1. Cradle Exercise:

Follow any special instructions you are given. If you feel pain, stop the exercise. If the pain continues after stopping, call your healthcare provider.

- Using the non-surgical arm start by “cradling” the surgical arm as if holding a baby.
- First, **gently** rock the surgical arm back and forth and side to side.
- Then move surgical arm in clockwise and counter-clockwise circles.
- Change direction after 1 minute of motion.
- Spend about 5 minutes doing this exercise, 3 times a day, as can tolerate.

2. Pendulum Exercise

If you are able to perform the “cradle” exercise without pain, you may advance to the pendulum exercise.



- Lean over with good arm supported on a table or chair.
 - Then lean forward slightly and gently rock your operative arm from side to side.
 - Relax the arm on the painful side, letting it hang straight down. Slowly begin to swing the relaxed arm. Move it in a circle and then reverse the direction. Then move it backward and forward.
- Spend about 5 minutes doing this exercise, 3 times a day, as can tolerate.

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*****Stop any exercise that causes dizziness, shortness of breath, or**

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**sharp or increased shoulder pain,
chest pain.****