

After Your Total Shoulder Replacement Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have dressing on your shoulder to cover the incision
 - You may shower over the dressing
 - Do not soak your dressing in water (bathtub, pool, etc)
- Leave your dressing on until your follow up appointment

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - Valium is also prescribed to help with muscle spasms
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Keep your arm in the sling except for exercises and showering
- Move your hand, wrist, and elbow joints immediately after surgery
- Do Codman's (shoulder pendulum) exercises and table slides at least 3 times daily after surgery
 - See next page for exercise pictures

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery
 - Additional appointments are at 6 and 12 weeks after surgery
- Formal therapy is usually started at your first post-operative appointment

Results

- Some soreness and stiffness often persists until 6-12 months after surgery
- Most patients get long-term pain relief from the surgery
- Function is usually improved but often not the same as an uninjured shoulder

Exercises Immediately After Total Shoulder Replacement (0-2 Weeks)

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Shoulder Pendulums (Codman's)

- Lean over either standing or in a chair with the repaired arm hanging freely
- Move your body in a gentle circular motion so that your arm rotates
 - Try to use your body to make the shoulder move, not the strength of your shoulder

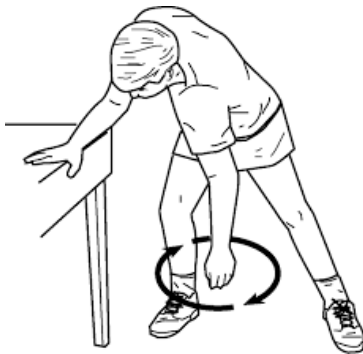


Table Slides

- Rest your hand on the table to start
- Slowly “walk” your hand forward on the table to move your shoulder forward
 - Keep the entire forearm resting on the table to avoid over-using the shoulder
- Then “walk” your hand back towards you until your elbow is at your side again

