

Total Shoulder Replacement Discharge Instructions

Activity

- As tolerated and as directed by Dr. Jernigan
- Remember to stay “within the box” with shoulder movements
- Use sling as needed. It is fine to go without it if you are comfortable
- Bath or shower is ok
- Use incentive spirometer for atleast 2 more days

Diet

- Resume your usual diet

Pain

- Expect a moderate amount of pain
- Take pain medication as directed
- Remember that it often helps to take acetaminophen with your medication if your medication DOES NOT already contain acetaminophen. You may take up to 6 extra strength Tylenol or up to 9 regular Tylenol per 24 hours
- You may also use Ibuprofen 800 mg every 6 hours or Aleve 440mg every 8 hours in addition to your prescribed pain medicine for up to 5 days
- Call your doctor if pain medication does not relieve pain
- Do not take blood thinners or aspirin until directed by your doctor

Dressing care

- The surgical glue on your wound may be treated like normal skin. It is ok to wash the wound. It is ok to get it wet.

Call doctor if:

- Excessive bleeding that does not stop after holding mild pressure over the area for 15 minutes
- Any color, temperature, or sensation changes in the operative arm or hand
- Green or yellow, smelly discharge from incision
- Nausea or vomiting that continues after bedtime
- Temperature reaches 100.5 or greater

Medication

- Continue home medications as previously prescribed with modifications given from hospital
- Do not take blood thinners or aspirin until directed by your doctor