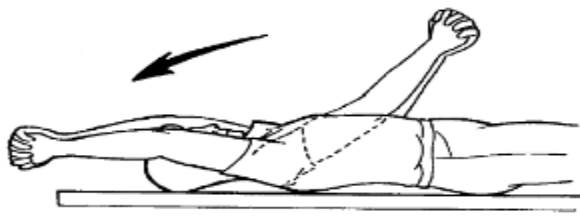


Andrew J. Pastor, M.D.
Shoulder, Elbow and Sports Medicine

Post Op Instructions Total Shoulder Arthroplasty (Replacement)

Activity level - Remain in a sling until your nerve block completely wears off. The more you can allow your body to rest and recover initially, the better and faster your recovery will be. Sleeping may be difficult the first few days after surgery and finding comfortable positioning is important. Sleeping in an inclined position with the shoulder higher than the heart is usually most comfortable and can be done best in a recliner chair or lying propped up by pillows.

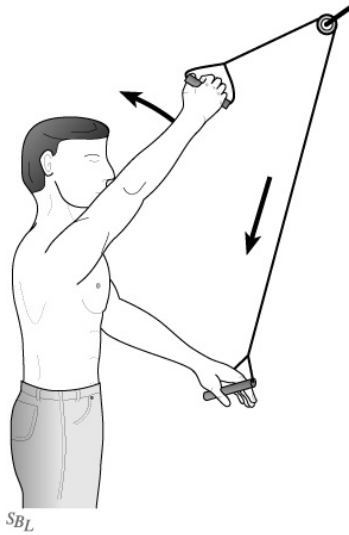
You should perform gentle stretching exercises below beginning the day after surgery. Perform these 3-5x per day to keep your shoulder from becoming too stiff.



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1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, so that you feel a stretch
3. Hold 10 seconds
4. 5 repetitions, 5 times per day

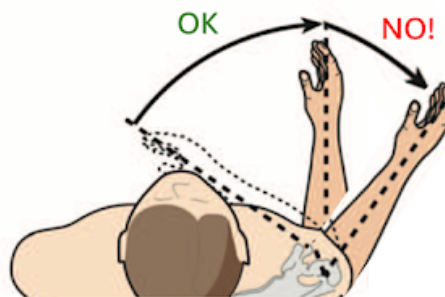
I would also like you to start using the pulley to improve your motion as illustrated below:



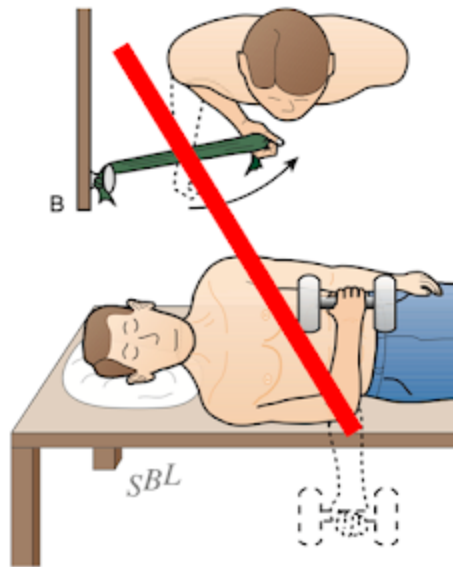
Physical Therapy – You should begin physical therapy within the first 1-2 weeks after surgery.

Precautions/activities to avoid - One should not lift anything heavier than a coffee cup for 6 weeks. Repetitive motions such as running should be avoided for 8 weeks. Stationary bike and elliptical trainer use, (without the arms), is fine as tolerated.

- **No stretching beyond the “handshake” position**



- **No internal rotation strengthening**



Failure to protect the subscapularis tendon can result in failure of your shoulder replacement and the need for more surgery.

Sling - You will be placed in a sling immediately after your surgery. The sling is to support the weight of your arm and for comfort. You should start to wean out of your sling starting 2 days after surgery.

Dressings – The dressing is waterproof and you are able to shower with it on. The Dressings can be removed 3-7 days after surgery. The Steri-Strips directly over the incision will fall off on their own in 7-10 days. Clean with simple soap and water and pat dry. Do not soak the wounds for the 2 weeks following surgery! No hot tubs or baths please. You may use skin lotion in all places except over the incisions. Do not apply any special ointments or creams to the incision until the skin is completely healed, typically 3 weeks after surgery.

Return to work - You may return to work *depending on your job description* as early as 3 to 4 days after your surgery. You will need to be off all narcotic pain medication for your brain to function normally. Jobs that have more physical requirements may require longer time away, up to 4 months in cases of heavy labor. Driving requires being off all narcotic pain medications and being comfortable using the shoulder.

Report any of the following symptoms immediately: Fever greater than 101 F, calf pain, pain not controlled by pain medications, redness swelling specific to the incision site, excessive bleeding, problems with pain medication, numbness and tingling of the leg or foot. You may call our office and speak with a member of our office staff during office hours at **(425) 412-1875.**

Follow up with Dr. Pastor will be 2 weeks following surgery. This appointment should have been pre-arranged prior to surgery. At the first visit your sutures will be removed. You will follow up with Dr. Pastor again at 6 weeks post-operatively.

Driving after your surgery- You **absolutely** cannot drive until you are completely off narcotic pain medication.



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Based on protocols established by Winston J. Warme, M.D. - Chief of Shoulder surgery at the University of Washington Medical Center