

Surgery Center of Pinehurst/Moore Regional Hospital

Dr. James Marino

Shoulder Replacement home instructions

Surgical dressing

Your shoulder will have a thin brownish dressing after surgery. It is called "Aquacel Ag". This is silver impregnated (which has antimicrobial effects) and forms an excellent seal around the incisional site. This dressing is waterproof, therefore you may shower immediately, but please don't attempt to test the limits of this feature. You should leave this dressing in place until follow up.

Ice

You may use ice in the post-operative period (optional). This can be helpful for reducing pain and limiting inflammation in the first 24-48 hours after surgery. Use for 20 minutes per hour as needed. Be careful to not have direct contact with the skin and while your arm is still numb from the nerve block. If you have an ice machine, use it as directed.

Medication

Shoulder replacement can be a painful procedure, especially for the first few days after leaving the hospital. For this reason, you have been prescribed pain medication. Please take this as directed. Pain medication can make you constipated, so it is recommended that you take an over-the-counter stool softener, such as Colace (docusate) while taking the pain medication.

Activity/therapy

Leave the sling in place as instructed. It should be removed for bathing and to perform pendulum exercises as demonstrated by physical therapy in the hospital. The initial period right after surgery is to let things heal. Try to avoid excessive motion of your shoulder.

Physical therapy is an important part of your recovery. We will arrange for this at your first post-operative visit.

You may begin driving once off all pain medicine if:

- * Your car is an automatic transmission
- * You feel comfortable driving with essentially one hand

Follow up

You will be seen in the office in approximately 1-2 weeks for suture removal and to discuss the surgical results and future plan. If you have any questions or concerns that need to be addressed prior to that time, please contact the office @ 910-235-2915.