

Central Texas

Sports Medicine & Orthopaedics, P.A.

Post Operative Instructions – Total or Partial Shoulder Replacement

Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce pain and swelling.
- Use the ice bag or the cooling unit three (3) times a day for 45 minutes.
- You may use it more often if desired.

Arm Sling:

- You will be placed in an arm sling for 4 weeks after surgery. **The sling should be worn at all times, even while sleeping.**
- You may remove the sling when sitting down to eat, type or write.

Wound Care:

- You will leave the hospital with a large gauze dressing on your shoulder.
- **You may remove the dressing in 48 hours** and apply occlusive type band-aids over the incision.
- Take a shower with the band-aids on and change the wet band-aids immediately after your shower. **DO NOT** soak in a tub. Keep incision clean, dry and covered.

Pain Medication:

- **Lortab (hydrocodone)**. You may take one tablet every 6 hours **as needed** for pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication) - **start the day after surgery and take one with breakfast, lunch and dinner for 5 days.** **While taking the Toradol, DO NOT** take Advil or Aleve.
- **After 5 days** of Toradol (Ketorolac) take Advil (Ibuprofen) as needed for inflammation and pain.
- We recommend taking these medications with food

Warning Signs:

- Call the office if you experience any of the following:
 - Persistent or increased pain not relieved by the pain medication
 - Significant swelling in your shoulder
 - Significant drainage from wound
 - Fever greater than 101 degrees

Follow-up Appointment:

- Call the office if you have not already scheduled your follow-up appointment. We would like to see you two weeks after your surgery.
- **After hours, if you have any questions or concerns, call the office (979) 776-0169.**