

Discharge Instructions after Reverse Shoulder Replacement

- A sling has been provided for you. You are to wear this at all times, even while sleeping, until your first post-operative visit. No early therapy is needed and may be detrimental.
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Use the prescribed pain medicine liberally over the first 48 hours, and then you can begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen or Naprosyn.**
- The clear dressing over the incision stays in place until the first follow up appointment.
- The clear dressing is waterproof, so you can shower when you get home. Just allow the water to run over the dressing. Make sure your axilla (armpit) is completely dry after showering.
- Aspirin has been prescribed to prevent blood clots. Take one 325mg tablet twice a day. If Coumadin or Warfarin is prescribed for blood clot prevention, take this medication as directed by your medical clearance physician. A nurse will come to your home and draw your blood to check your Coumadin levels. **DO NOT TAKE COUMADIN AND ASPIRIN** at the same time.
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.