



820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Total Shoulder Arthroplasty Post-op Instructions:

Wound Care/Bathing:

- You may shower the day of surgery
- You may remove your bandage the next day after surgery (except the Prineo strip that will be directly over your incision; this needs to stay in place until your first post-op appointment). You may get the shoulder wet, and wash lightly with soap and water.
- **NO SOAKING IN A POOL OR TUB FOR THREE WEEKS OR UNTIL CLEARED BY DR. CRINER.**

Pain Control:

- Pain medication will be called into your pharmacy of choice, the day of your pre-op.
- Please pick up your medication from the pharmacy, and take as prescribed after surgery. The only exception is: it is a good idea to take the narcotics around the clock for the first 24 hours after surgery to prevent yourself from being caught off guard when the numbing medication wears off that was used during surgery.
- Take an over-the-counter anti-inflammatory (Advil, Aleve, Ibuprofen, etc.) for the first 2-4 weeks after surgery to help with inflammation, pain, and swelling. You can discontinue the anti-inflammatory if you have no pain.
- You can take over-the-counter Tylenol for mild/moderate pain.
- Ice the shoulder for 10-15 minutes, every hour, as needed for swelling.
- Elevate your arm in the sling, or at least a pillow when sitting down, as much as possible to help with pain and swelling.
- We CAN NOT prescribe anything stronger than what you are prescribed initially.

*Keep in mind surgery recovery is uncomfortable and it is common to be in pain during your recovery. Please see the recommendations above to help with pain relief. *

Blood Clot Prevention:

- You should get up and walk around frequently during the day; at least once every hour or two. This is usually enough to help prevent blood clot formation.
- Take Aspirin 325 mg, 1 tablet daily, for 30 days after surgery.

Activity:

- Wear your sling at all times, especially while sleeping. If sitting down on a chair or couch, you may remove the sling to extend your forearm/elbow. If you are up and moving around, you **MUST** have the sling on.
- You may want to sleep in a recliner or an elevated bed at a 70° angle for pain management. This will also keep you from rolling over onto your shoulder during sleep.
- Please remove your elbow from the sling, several times per day, to bend, straighten, and rotate your elbow. You should also be frequently moving your wrist and fingers so that they do not get stiff.
- Do not return to work until instructed to do so, safely.
- It is safest not to drive until your first post-op appointment.

Physical Therapy:

- If you go to a rehabilitation facility after surgery, you will be exercising with a physical therapist.
- If you went home after surgery, home health physical therapy will be set up for you.
- You will be given a physical therapy prescription for outpatient sessions at your first post-op appointment.

Follow up appointments:

- Your first post-op appointment will be scheduled at your pre-op visit, but if not, please call 559-733-3346 and speak to Charlotte.

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during normal business hours.

Emergencies:

- **If you have emergent questions or concerns that cannot wait until the day, you may dial 559-733-3346; you will get the orthopedic surgeon who is on-call. If it is not Dr. Criner, the surgeon that answers your call will not know who you are, so please be sure to clarify that you are one of Dr. Criner's patients, the surgery that you had, and the date that you had surgery.**
- **It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you will have to go to the emergency room.**