Michael S. Bogard, DO
ORTHOPAEDIC SURGEON
Sports Medicine Specialist

POSTOPERATIVE INSTRUCTIONS
Reverse Total Shoulder Arthroplasty

** Please note that the instructions provided below are general guidelines to be followed; however, any written or verbal instructions provided by Dr. Bogard or his staff supersede the instructions below and should be followed.

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE SURGERY CENTER OR VIA PHONE/EMAIL TO DR. BOGARD'S STAFF AFTER ARRIVING HOME

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the hand occurs
- It is normal for the shoulder to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing
- Leave the post operative dressing in place until initial post operative visit.
    - The bandage placed at the time of surgery is water resistant and ok to shower with so long as the adhesive seal remains intact.
    - Pat the shoulder area dry to prevent loosening of the bandage
    - Ok to shower the day after surgery
- DO NOT place shoulder incisions under water (bath, pool) until given approval by our office.

MEDICATIONS

- Local anesthetics were injected into the incisions and shoulder joint at the time of surgery. This will wear off within 8-12 hours and it is common for patients to encounter more pain on the **1st or 2nd days** after surgery when swelling peaks.
- Most patients have an additional nerve block to the shoulder which should provide pain relief for up to 48 hours. It is normal to have some numbness/tingling or motor weakness in this period of time.
- Most patients will require some narcotic/opioid pain medication for a short period of time – this can be taken as per directions on the prescription.
- Common side effects of the pain medication are: nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative.
    - If you are having problems with nausea and vomiting, contact the office.
    - DO NOT drive a car or operate machinery while taking the narcotic medication or while in sling
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and the amount of narcotic medication required.
- Please take as directed on the bottle.

- Take 81 mg Aspirin daily for 2 weeks following surgery to lower the risk of developing a blood clot after surgery.
- Please contact the office if you develop severe distal arm pain or significant swelling of the distal arm and/or hand.

ACTIVITY

- You are to wear the sling placed at surgery for a total of **4 weeks** as described by Dr. Bogard. This includes sleeping and throughout the day.
- If there are 24 hours a day, you should be in the sling 23.5 hours of the day. Removal the sling only for: **hygiene, dressing, and home exercise only.**
- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort while **remaining in the sling.**
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long distance traveling for 2 weeks following surgery.
- DO NOT driving until instructed otherwise by Dr. Bogard, technically IT IS ILLEGAL TO DRIVE IN A SLING
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

IMMOBILIZER (if prescribed)

- Your sling with supporting pillow should be worn at all times (except for hygiene).
- Keep your elbow against the pillow and in front of your body at all times to minimize stress on the repair.
- Keep a pillow behind the elbow when lying down to prevent the elbow from sliding backwards.

ICE THERAPY

- Icing is very important in the initial postoperative period and should begin immediately after surgery.
- Use icing machine continuously or ice packs (if machine not prescribed) for 45 minutes every 2 hours daily until your 1ST post-operative visit. Care should be taken when icing to avoid frostbite to the skin.
- If you have opted for the BREG Polar Care Wave cold/compression therapy unit, please follow the directions as directed.
    - More information with instructional video can be found at: https://www.breg.com/products/cold-therapy/devices/polar-care-wave/

EXERCISE

- Begin exercises (pendulums and active flexion/extension at the wrist and elbow without resistance) 24 hours after surgery, unless otherwise instructed.
- While maintaining your elbow by the side, begin elbow, hand, and wrist exercises immediately.
- Formal physical therapy (PT) typically begins after you are seen at your 1st post-operative appointment 2 weeks after surgery. A prescription and protocol will be provided at your 1st post-operative visit.

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****EMERGENCIES****

- Contact Dr. Bogard's office at **858-703-1000** if any of the following are present:
    - Painful swelling or numbness (note that some swelling and numbness is normal)
    - Unrelenting pain
    - Fever (over 101° - it is normal to have a low-grade fever or chills for the 1st day or 2 following
    - surgery)
    - Redness around incisions
    - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
    - Difficulty breathing
    - Excessive nausea/vomiting
    - Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at **858-703-1000** and you will be connected to our pager service.
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at **858-703-1000** to schedule.
- Typically the 1st post-operative appointment following surgery is **10-14 days** following surgery
- Your 1st post-operative appointment will be scheduled with Dr. Bogard, he will do a wound check, go over therapy protocols and answer any questions you may have about the procedure.
- If you have any further questions please contact **858-703-1000**.
    - Non-urgent questions after hours or on the weekends can be best sent via email to: **info@bogardortho.com**