

POSTOPERATIVE INFORMATION

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PATIENT STICKER

POST-OPERATIVE INSTRUCTIONS – SHOULDER REPLACEMENT

GENERAL INFORMATION:

1. A Cryocuff or NICE unit is a cold therapy device that is applied postoperatively. This will help reduce the swelling and minimize the pain.
2. Your arm will be in a sling following surgery. You will be in this sling for the next 4-6 weeks. This includes sleeping with it on as well. The most important factor about sling usage and position is comfort for you. Adjust the sling so that it is most comfortable to you. I will let you know the exact duration of sling usage at your follow-up visit.
3. Avoid lifting objects with the arm. You may write and type, but not drive. Driving will commence at 5-6 weeks when the sling is removed.
4. You may be more comfortable sleeping in a semi-seated position the first few nights following surgery. Keep a pillow propped under the elbow and forearm for comfort. If you have a recliner type of chair it might be beneficial. If not that is fine too, but it would be helpful to sleep propped up with pillows behind your operated shoulder as well under your elbow and forearm. This will reduce pulling on the suture lines.
5. Prescriptions for pain medication and an anti-inflammatory will be prescribed for you. You should avoid taking pain medications on an empty stomach as it will make you nauseous. Staying well hydrated is the best way to prevent constipation post-operatively. Aim to drink 4-6 8 oz. glasses of water per day. If constipation remains a problem, Sennakot can promote a bowel movement.

DISCHARGE UNTIL POST-OP VISIT:

1. Ice the shoulder using the ice machine for 20-30 minutes at least 4 times per day for the first few days. Then use it 2-3 times a day after doing your exercises.
2. The bandages will be changed at your first post-op visit. You can leave the occlusive dressing on the wound.
3. You may shower after surgery but **Do Not** get the dressing wet. Wrap your shoulder with plastic wrap and secure it with tape. Dr. Petrigliano will likely clear you to get the wound wet at the wound check.

POSTOPERATIVE INFORMATION

visit 7-10 days postoperatively. If the dressing becomes saturated, remove it and replace with sterile gauze and tape.

4. You can remove your sling for short periods only when you are sitting in a chair not doing any activity. However, your elbow must be supported by pillows. You must wear the sling if you are doing any activity, especially while you are in public places for the next 4-6 weeks.
5. Formal physical therapy will begin after 2-3 weeks. Dr. Petrigliano will provide a detailed prescription for therapy when you come for your first postoperative check.
6. Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
7. Return to work is determined on a case-by-case basis.
8. When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended.
9. In most states it is against the law to drive while your arm is in a sling.
10. First postoperative appointment is 7-10 days post surgery.