

**DR. SCOTT FISCHER'S POST OPERATIVE PATIENT INFORMATION
FOR SHOULDER JOINT REPLACEMENT SURGERY**

The surgical procedure performed to improve your shoulder pain and function was a Shoulder Arthroplasty. Other procedures such as a Long Head of Biceps Tenodesis may have been performed to improve your recovery.

BANDAGES: The bandage applied to your incisions may become bloodstained; however this is normal and results from minor drainage after the surgery. Keep this dressing in place until your first appointment in my office. You may shower but keep the shoulder out of the direct spray from the shower head. Do not soak or submerge the joint (such as in a bath or spa) until you have seen me in the office one week postoperative. The bandage does not need to be changed unless it becomes quite soiled. **Do not remove the tapes or plastic** overlying your incision. It is normal to have some swelling, drainage and minor redness at the incisions.

ACTIVITY: During the daytime, take your arm out of the sling and move your Hand, Wrist and Elbow as much as you comfortably tolerate to prevent stiffness. Use your sling to support the arm when it feels sore or tired and when you go out of the house socially. Wear your sling at night when sleeping to protect your repair and to prevent you from rolling onto your shoulder during your sleep. When sitting up in a chair during the day, you may remove your arm from the sling and lay it in your lap or at your side. Do not use the arm we repaired to lift, carry, push or pull anything as this may tear or detach the muscles and tendons repaired during your surgery. Please continue to perform the gentle range of motion exercises the hospital physical therapist taught you – you should do them three times each day to help prevent stiffness. If you find it uncomfortable to lie supine for sleep after surgery, it may be more comfortable to sleep in a recliner chair or on a sofa, or you may prop yourself up in bed with pillows in a “recliner chair” position.

PAIN CONTROL: Because your shoulder will be uncomfortable after your surgery, you have been provided with medication for pain relief; use it as instructed and please take it with food to avoid stomach upset. If the medication gives inadequate relief or you run out, please call my office during office hours. During your post-operative recovery, please keep track of how much pain medication you have remaining to ensure that you have sufficient medication for any upcoming weekends or holidays as prescriptions are not renewed on weekends.

PRECAUTIONS: If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than expected, or if you develop severe redness and swelling, please call my office. (In most cases there is some redness and swelling about the incisions, but I am referring to more than you would expect.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sunlight on the incisions until the scars are no longer red.

It is appropriate to remind you that, you have had a major operative procedure within your shoulder joint. Complete healing and recovery will take at least four to six months. A graduated rehabilitation program will be initiated after your first postoperative office visit. I will supervise and modify this program as necessary based upon your individual rate of healing and recovery.

Thank you for trusting me to provide your medical care for your shoulder disorder. If you have suggestions on how I might improve your recovery, please discuss this with me at our office appointment.

