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POST-OPERATIVE TOTAL SHOULDER INSTRUCTIONS

Getting the right treatment for your injury is important, BUT FOLLOWING THE PROPER POST-OPERATIVE PROTOCOL IS ALSO VITAL IN ORDER TO ATTAIN THE BEST RECOVERY.

The information below is meant for patients in the post-operative phase. These guidelines may be modified depending on your individual case.

PAIN: You will be given prescriptions for pain medication after surgery. These may be taken every 4 hours for pain if needed. You should ice your operative site regularly for the first couple of weeks after surgery to help reduce swelling and pain. You will also have the opportunity to rent a Ice/Compression device called a NICE. This device will make icing your shoulder a lot easier and patients typically are very happy with them. If you opt to utilize a cold and compression therapy device, it will greatly help with pain and swelling. I generally recommend icing for 15-20 minutes every hour, but the Ice/Compression units can be used constantly. Do not start the compression mode until your regional block has worn off.

WOUNDS: The incision(s) may be sore and develop bruising over the next several days. The bruising may even extend into your your arm and forearm. This will go away and no special care is needed. Keep the surgical dressing in place until you are seen for your post operative appointment at 10 days post op unless it becomes compromised and allows your incision to get wet. If this happens, simply remove and replace bandage with gauze and an Op Site (water proof bandage). Do not remove the mesh covering your incision.

BATHING: The most important aspect for caring for your surgical incision is to keep it clean and dry. Contamination from shower or bath water can lead to deep infection which can be catastrophic. Once I remove your bandage, it is fine to shower without covering it, but leave the mesh over your incision in place.

BRACE/SLING: Your sling is necessary to protect the subscapularis repair (rotator cuff). Healing of this is vital for the longevity of your new shoulder. You may remove your sling and have your arm in your lap if you are simply sitting around your house, but you must put your sling back on if you get up to move around, You must sleep in your sling as well. I recommend removing the abduction pillow at night, as it is difficult to keep this in place.



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ACTIVITY: Although I do want you to wear your brace/sling, I also want you to get up and move around with the specific limitations as noted below.

DEEP VENOUS THROMBOSIS (DVT): DVT is when a clot develops in the deep veins of your extremity following a period of immobilization or trauma. Extremity surgery can increase your risk of developing a blood clot in your deep veins. This is a serious condition, and these clots can travel to your lungs in the form of a Pulmonary Embolism (PE). PE's are life threatening and the best treatment is prevention. For this reason, I would like you to take an **Ecotrin-Coated Aspirin 325mg once daily for 4 weeks to help diminish this risk.**

THERAPY: Physical Therapy is vital for an optimal recovery. It is very important to arrange your PT to start within 2 to 3 days of your surgery. The therapist will help you progress at the appropriate pace while protecting the shoulder. We will make the arrangements for you to be seen at one of the trusted PT clinics that we work with on a regular basis and are confident that they will provide you with the best PT available. If your insurance allows for home PT, we will arrange that to start within a few days of surgery and continue for 2 weeks. It is important to set up outpatient PT before your surgery to start immediately upon completion of home PT. Otherwise, you may have problems getting an appointment in a timely manner and you may have a gap in your recovery.

PRECAUTIONS: If you have a temperature, severe pain, or redness at your operative site, please contact the office immediately.

FOLLOW-UP: We would like to see you in my office to check your surgical site 10 days to 2 weeks after your surgery. If you do not already have an appointment scheduled, please call my office and arrange a follow-up appointment. You will see either myself or my Physician Assistant at this appointment. We discuss your post operative plan in detail prior to your visit. My general rule is that you will see me at least every other appointment. It is very important to me to see you myself. If this is not happening, please discuss with my team or send me an email at drjones@coloradosportsdoctor.com.

Please call the office at 719-632-7669 and ask for Tiffany, or email me at the address below if you have any questions or concerns.

To a great recovery,

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