

Jordan F. Schaeffer, MD
Orthopaedic Surgeon
Hofmann Arthritis Institute
801-355-6468



Total Shoulder Replacement Discharge Instructions:

- Wound Care:
 - Change the dressing daily and keep the wound covered with a dry dressing until clinic follow-up in 3 weeks.
 - You may shower 3 days after surgery. Simply allow the water to wash over the site and then pat dry. Do not rub the incision. Make sure your axilla (armpit) is completely dry after showering.
 - Your wound was closed with absorbable sutures and covered with steri-strips. Leave the steri-strips in place and they will fall off on their own.
 - No soaking the wound (bathing, swimming) for 4 weeks.
- Weight bearing & activity (first 3 weeks after surgery):
 - Use the sling at all times except for wrist & elbow range-of-motion and when working with physical therapy.
 - Work with your physical therapist and follow the rehabilitation protocol to ensure a safe progression of activity for your shoulder.
- Medications:
 - Take the prescribed narcotic as needed for pain.
 - Take aspirin 325mg daily x 3 weeks to prevent blood clots
 - Take colace (over-the-counter) 100mg twice daily or another stool softener while taking narcotics to prevent constipation.
 - When pain allows, stop the narcotic and take Tylenol or anti-inflammatories (ibuprofen, naproxen) for pain.
- Follow-up
 - Return to clinic in 3 weeks for wound check and x-rays.
 - Call the office immediately if you have an unexpected increase in pain or swelling, drainage from the incision sites, fever >101 degrees Fahrenheit, or any other concerning symptoms.