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## **IMMEDIATE POST-OPERATIVE INSTRUCTIONS – SHOULDER SURGERY – SHOULDER REPLACEMENT**

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 7-10 days post-operatively. 513-475-7932 (Becca). Unless you already have done this pre-operatively.
- At your first post-operative visit, Dr. Grawe will go over your surgery and outline your rehabilitation.

### **WOUND CARE**

- Please keep your aquacel dressing in place until follow-up with Dr. Grawe.
- Use the Cryocuff or Ice as often as possible for the first 3-4 days, then as needed for pain relief.
- You may shower on Post-Op Day #2. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until your sutures are removed.

### **POST-OP**

- You will be given one prescription for pain relief for you to use post-operatively:
  - Norco or PERCOCET, a strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **EXERCISES**

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE. Becca Richter @ 513-475-7932. If your problem is an emergency you must go to the hospital or call 911.**