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

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
- At your first post-operative visit, Dr. Grawe OR Blair McChesney, CNP will go over your surgery and outline your rehabilitation.

### **WOUND CARE**

- 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 two prescriptions for pain relief for you to use post-operatively:
  - Naproxen, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first 10-14 days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
  - Oxycodone 5 mg or Norco, a strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naproxen.
    - IF given Oxycodone you will also be given Tylenol 500 mg to be taken every 6 hours.
- 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.**