

MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery

Shoulder Replacement

DIET

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing.
- The dressing you have on at discharge is 4x4's with a Tegaderm. Please keep this dressing clean, dry, and intact until seen at your first post operative appointment.
- You can shower two days after surgery, NO immersion of operative arm (i.e., bath). Cover your dressing to keep dry.

MEDICATIONS

- If you received a block your arm should feel numb anywhere between 12 and 36 hours before it wears off. If you did not receive a block, you may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.
- Most patients will require some narcotic pain medication for a short period of time (2-5 days).
 - **Oxycodone 5 mg 1 tablet every 4 hours as needed for moderate pain**
 - **Oxycodone 5 mg 2 tablets every 4 hours as needed for severe pain**
 - **Tylenol (Acetaminophen) 500 mg 2 tablets every 8 hours for 2 weeks**
 - **Mobic (NSAID) 7.5 mg twice a day for 14 days**
 - **Aspirin 81 mg 1 tablet twice daily for 6 weeks**
 - To lower your risk of blood clots
 - **Pepcid (Famotidine) 20 mg 1 tablet twice daily for 4 weeks**
 - To reduce stomach acid
 - **Senna Plus 8.6 -50 mg 1 tablet twice daily for 4 weeks**
 - To decrease constipation
 - **Zofran (Ondansetron) 4 mg 1 tablet every 6 hours**
 - For nausea if needed

If you have a condition that does not allow you to take acetaminophen (Tylenol) and/or non-steroidal anti-inflammatories (Mobic) please inform your surgical team

- Do not drive a car or operate machinery while taking the narcotic medication

ACTIVITY

- When sleeping or resting, inclined positions (i.e., reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery

- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
 - NO driving until instructed otherwise by physician
 - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
 - No exercises or shoulder motion until after your first post-operative visit unless otherwise instructed
 - You may begin elbow, wrist, and hand range of motion on the first postoperative day about 2-3 times per day
- *May apply ice pack up to 20 minutes every hour for the first 72 hours to help reduce swelling. Do not place ice pack directly on skin

IMMOBILIZER

- Your immobilizer should be worn at all times except for hygiene and exercise

****EMERGENCIES****

- Contact Dr. Dubiel or his medical team at 231-935-5880 if any of the following are present:
 - o Painful swelling or numbness
 - o Unrelenting pain
 - o Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
 - o Redness around incisions
 - o Color change in wrist, hand, or lower extremity
 - o Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - o Difficulty breathing
 - o Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to be connected with the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (231-935-5880)