DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR SHOULDER REPLACEMENT

You will receive a call the day before surgery from your surgical facility to let you know what time you have to arrive. Please remember to bring your sling and surgery folder along with you to the hospital/surgery center on your day of surgery. It is important to attend any pre-testing, cardiac, or family doctor appointments that are scheduled for you prior to surgery; failure to do so could result in your surgery being postponed.

Please discontinue vitamins, minerals, and herbs 10 days prior to your surgery unless instructed otherwise. If you have any questions regarding what you can and cannot take the night before or the morning of surgery, please contact your surgery facility.

You will be given several medications to use **AFTER** surgery. You will be provided with a stool softener, anti-nausea medication, antibiotics, and something for pain control.

DVT prevention is important following surgery. Typically, 81 mg aspirin will be prescribed to be taken twice a day for 4 weeks following surgery; however, if you are already on other anticoagulants such as Coumadin, Xarelto, or Plavix, please inform your provider so appropriate measures are taken to manage the medication pre/post-operatively. You will also be given compression stockings at the hospital/surgery center; please continue to wear these on both of your legs until your first post-op appointment. The stockings may be removed for laundering and hygiene purposes. Compression stockings are used to prevent blood clots/control lower extremity swelling.

If you are having an outpatient total shoulder, home health will be assisting you following surgery. They will meet you at your home following discharge from the surgery center. They will administer/discontinue your IV medications and assist with dressing changes. You will receive a call from your home health provider prior to surgery to set up an initial home visit.

If you are having issues with finding a comfortable sleeping position after surgery, try sleeping in a recliner or elevating your upper body with pillows. It is safe to try to sleep in bed; however, patients find a recliner more comfortable.

Apply ice regularly to your shoulder to control both swelling and discomfort. Be sure to regularly open and close your hand to prevent swelling in your hand. Expect some bruising and swelling for several weeks following surgery. Do not be alarmed if there is swelling down into your elbow; gravity will take it to the most dependent position.

When you are discharged following surgery, you will have a silver dressing on your incision. This dressing should remain on for 1 week following surgery. After 1 week, it can be removed, and a dry, clean dressing can be applied. Your incision should remain dry and covered until you are seen in the office for your post-op appointment. If there are steri strips over your incision, please leave these intact until your follow-up; they do not need to be removed. It is important not to get your operative shoulder wet! Actively watch for signs of infection near your incision. Redness, increased swelling/pain, drainage, and a temperature greater than 101 degrees are several indicators of a potential infection.

Antibiotics before/after dental work are recommended for at least 2 years following surgery to prevent infection. If you have an upcoming dental appointment, simply call the office, and we will send an antibiotic to your pharmacy. It is recommended that you postpone any dental procedures until at least 3 months after your surgery unless it is a dental emergency.

Do not hesitate to call the office if you have any questions before/after surgery.