

**DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR SHOULDER REPLACEMENT**

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 follow the instructions given by your provider. 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 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.

If you have agreed to use post-operative collagen on your incision, this will mailed to your home several days after surgery. Collagen will assist the healing process of your incision and can help improve the appearance of your surgical scar and lessen the chance of post-op incision infection. You will receive powdered collagen and gauze dressings. Simply pour the powder onto your surgical incision/over your steri strips and then cover the incision with the included gauze dressing. You may shower but avoid soaking the dressing once applied. This product is considered durable medical equipment and will fall under your insurance’s medical equipment coverage. If you have a deductible, this is usually met before the product is billed. If you have any questions regarding your insurance coverage, please contact your insurance carrier.

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 the call the office if you have any questions before/after surgery