



Dr. Singer's Important Reminders Regarding SHOULDER Replacement Surgery

You will receive a call from your surgical facility the day before surgery to inform you of your arrival time. **Please** remember to bring your sling and surgery folder to the hospital or surgery center on the day of your procedure.

Attending all scheduled pre-testing, cardiac, and/or family doctor appointments before surgery is essential; missing these appointments may result in your surgery being postponed.

Discontinue all vitamins, minerals, and herbal supplements 10 days before your surgery unless otherwise directed. If you have questions about what medications or supplements you can take the night before or the morning of surgery, contact your surgical facility.

After surgery, you will receive several medications, including a stool softener, anti-nausea medication, antibiotics, and pain relievers.

DVT prevention is important following surgery. Typically, 81 mg aspirin will be prescribed twice daily for 4 weeks after surgery. If you are currently taking anticoagulants such as Coumadin, Xarelto, or Plavix, inform your provider to ensure proper medication management before and after surgery.

If you are having an outpatient total shoulder replacement, and have difficulty finding a comfortable sleeping position, try sleeping in a recliner or elevating your upper body with pillows.

Regularly **apply ice** to your shoulder to manage swelling and discomfort. Expect some bruising and swelling for several weeks following surgery. Do not be alarmed if swelling extends down to your elbow, as gravity will move it to the most dependent position.

When discharged after surgery, your incision will have a sterile dressing. This dressing should remain on for 1 week. After 1 week, it can be removed, and a dry, clean dressing can be applied. At this time, you will start the Collagen application. Please refer to the educational videos located on our website UOC.com for instructions. Keep your incision dry and covered until your post-operative appointment. Avoid getting your operative shoulder wet and monitor for signs of infection near the incision. Redness, increased swelling or pain, drainage, or a temperature greater than 101 degrees may indicate an infection.

To prevent infection after any major joint replacement, use an oral antibiotic before and after dental procedures. If you have an upcoming dental appointment, contact our office to have an antibiotic sent to your preferred pharmacy. It is recommended to postpone any dental procedures until at least 6 weeks after surgery.

Thank You, Dr. Singer