

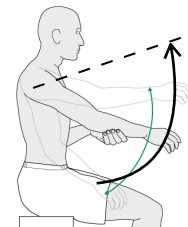
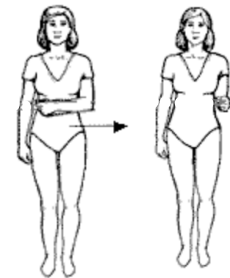
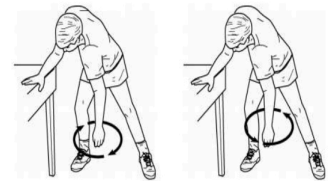
Shoulder Replacement Post-Op Care

Dressing/Wound Care

1. Keep dressing on for 7 days. Ok to shower with dressing on but do not soak in bath tub, pool, etc.
2. After 7 days, ok to take dressing off. Ok to shower without dressing but do not soak in bath tub, pool, etc.
3. Bruising down the arm along the middle side of the elbow and forearm is normal. Some people even have bruising along the chest wall as well.
4. The Dermabond glue that are on top of your incision will fall off by itself in 2-3 weeks. AFTER these come off, it is ok to massage lotions, ointments, and creams on the wound to decrease scar formation.
5. After 4 weeks, ok to go in pool, bath tub, etc.

Motion/Physical Therapy (0-6 weeks)

1. Wrist, hand and finger motion at any time is ok. Keeping these moving will help with the swelling and bruising.
2. Come out of sling twice a day to work on elbow range of motion with the arm at your side. Ok to let arm hang.
3. Work on pendulum exercises twice a day (10 circles clockwise, 10 circles counterclockwise)
4. With your elbow by your side, rotate your hand from your belly straight forward.
5. Hold the elbow of your operative arm and passively elevate the arm to 120 degrees.
6. Ok to remove pillow and just wear sling after 4-6 weeks.



Motion/Physical Therapy (6+ weeks) - start physical therapy

1. Discontinue sling
2. Start active-assisted range of motion (so your non-operative extremity is helping your operative extremity move). No restrictions to ROM.
3. After ~4 weeks, you can start strengthening with weights and resistance.

Getting In Contact

1. If you have any questions, please contact my office at 559-290-7052.
2. If you are unable to get a hold of my office and you have a medical emergency, please go to the nearest emergency room.
3. Any paperwork for disability or work notes can be brought to my office at your next appointment and we will get it filled out for you.