



**Mufaddal M. Gombera, MD**  
*Orthopedic Surgery and Sports Medicine*  
Fondren Orthopedic Group

**Total Shoulder Replacement  
Post-Operative Instruction Checklist**

**FOLLOW-UP VISIT \_\_\_\_\_**

**Dressing**

Your dressing should remain intact until evaluated in the office. Please keep your dressing clean and dry.

**Bathing**

Please do not get incisions wet. Please cover dressing while bathing until your first follow-up visit.

**Driving**

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

**Cold Therapy/Ice**

Continuous icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice pad and your skin. Never place the ice pack directly on your skin; this could lead to an injury to your skin. If the ice causes increased pain, skin rash or irritation, discontinue its use and call the office.

**Sling and Elevation**

Keep sling in place at all times, unless otherwise instructed. Elevation is critical after surgery. You should attempt to elevate your arm at all times for the first. This is best performed by placing the arm over the chest when reclining or lying down.

**Physical therapy**

Following surgery, you will be given instructions about physical therapy. Therapy will start within the first few days after surgery.



We ask during the first week following surgery that you do the following exercises at home:

**Deep breathe and cough** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.

**Elbow/Wrist/Finger Motion:** Moving your elbow, wrist, fingers and making / releasing a fist as much as possible reduces inflammation and swelling in your upper extremity.

### **PRESCRIPTIONS GIVEN PRIOR TO LEAVING THE HOSPITAL**

**1. ASPIRIN ENTERIC COATED 1 TABLET DAILY**

Take 1 Enteric Coated Aspirin daily for 2 weeks to help reduce the risk of a blood clot from forming after the surgery.

**2. NAPROSYN 1 TABLET EVERY 12 HOUR WITH FOOD (Anti-Inflammatory)**

The Aspirin & Naprosyn should not be taken at the same time. They both should be taken with food.

**3. NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN**

Do not exceed more than 4000mg of Acetaminophen per 24 hours

**4. ROBAXIN 1 TABLET EVERY 12 HOURS AS NEEDED FOR PAIN**

For the first week after surgery. Helps with pain control and muscle spasm.

### **Side effects of medication**

#### **Pain Medication** (Norco, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Norco or Tylenol #3, both of these medications contain acetaminophen.

### **Signs and Symptoms of Complications**

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call Chantel Jefferson, at 713-794-3457. After hours, or on weekends, you can be connected to the on-call physician at 713-799-2300.