

Shoulder Replacement

Dr. McCormick

What to Expect After Reverse Shoulder Replacement

Restrictions

- you may use your hand in front of your body for LIGHT tasks such as typing, writing or holding items about the same weight as a SMALL cup of coffee
- you may drive when out of sling
 - you must be able to react quickly so try it in an empty parking lot if unsure

Surgical site care

- keep your initial dressing dry
- it is normal to notice some drainage/discoloration of the dressing
- keep prineo glue bandage on for 2 weeks
- change primapore (strip dressing) every other day for 2 weeks
- you may shower 2 days after surgery

Pain management

- Rest** wear the sling until the block wears off
 - remove the sling 3 times per day to:
 - move your hand, wrist and elbow to keep these from getting stiff
 - start pendulum exercises after first therapy visit
 - the sutures holding your repaired tendons are not strong enough to withstand the force of normal use
- Ice** 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650

pain medicine may cause constipation; use stool softeners or laxatives as needed

Follow-up clinic visit

- usually at 2 weeks after surgery
- we will check your surgical site, review Xrays and answer any questions you may have

When to call the office

- reactions to medications
- dressing discoloration spot greater than 4"
- suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

- 0-2 weeks control pain, maintain some mobility through pendulum exercises
- 2-6 weeks use arm IN FRONT OF BODY without sling
- >6 weeks start physical therapy and regain full range of motion

www.mccormickortho.com for more information more educational videos and postoperative protocols