OUTPATIENT DISCHARGE INTRUCTIONS
Michael F Shepard M.D.
<u>SHOULDER ARTHROPLASTY</u>

1.   <u>Day of Surgery:</u>   Instructions Immediate Post-Op

   A.   **Diet: as tolerated.**
   B.   **Ice pack to shoulder every one to two hours while awake for twenty minutes.**
   C.   **Pain medication as needed every 4-6 hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.**
   D.   **Please keep your arm in the sling at all times. You may shower tomorrow, but when you do keep your elbow at your side.**
   E.   **Make sure that you have a post-op appointment scheduled at least 10 days to 14 days after surgery. Remain in the sling until then.**

2.   <u>First Post-Operative Day</u>

   A.   **Continue ice pack every one to two hours while awake.**
   B.   **Pain medication as needed.**
   C.   **You may remove surgical bandage and shower this evening. Apply band aids and gauze to these op site(s). Do not remove steri strips from op sites these keep incisions closed and stitches in place. You will need to keep your incision dry when taking a shower.**

   <u>NOTE:</u> **Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify your physician. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.**

<u>For Return Appointments</u>

3.   **Your return appointment needs to be 10-14 days after surgery. If you did not receive an appointment at the time of discharge call our office at (714) 634-4567 and schedule post-op appointment.**
4.   **If you have any problems or questions please call our office at (714) 634-4567 and ask for Carmen Pasillas during offices hours 8:00-5:00. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.**
5.   **Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.**