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**REVERSE TOTAL SHOULDER ARTHROPLASTY
POST-OPERATIVE INSTRUCTIONS**

Surgery Day

- You will be asked to arrive 2 hours before the scheduled surgery time (remember to not eat or drink anything after midnight).
- You will be admitted and meet the nursing staff, anesthesia staff, and one of my team members will most likely meet and examine you as well in the pre-op holding area.
- You will usually have your regional anesthetic placed in the pre-op regional block area.
- Your surgery will be performed and usually lasts 1 ½ - 3 hours.
- You will have your cryotherapy sleeve (if you purchased it) and sling put on either in the operating room or in the recovery room that you were fit for preoperatively.
- You will stay in the recovery room typically 1-2 hours depending on the duration of the regional anesthetic and then will be transferred to the Orthopedic In-patient Service (usually H Green).

Showering

- You may shower on POD 3.
- Do not let water run underneath the clear dressing.
- If water runs underneath the clear dressing, call the office for further instructions.

Sling Use

- The sling should be on at all times you are in public or when you sleep.
- You may come out of the sling 3x/daily to move elbow, wrist and fingers.
- You can remove sling for showering, but then put back on afterwards.
- Avoid using the operative hand for ADL (activities of daily living).

Controlling discomfort after surgery

- Cryotherapy or ice.
- Pain medication taken every 4-6 hours as needed.
- Use of NSAIDs (Advil or Aleve) in combination with Narcotic pain medications.
- Sleep with pillow under operative arm.

Physical Therapy

- There will be no physical therapy for at least the 1st 4 weeks – Dr. Galdi will direct your specific program.

Post-Operative Office Visit

- Please make sure you know when Dr. Galdi would like to see you post-operatively – your 1st post-op visit can usually be scheduled at the same time you schedule your operative date.

Driving

- Not allowed while on narcotics or if sling is necessary.

Your first post-operative appointment should be **7-10 days after surgery**. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office immediately.