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**SHOULDER ARTHROPLASTY POST-OPERATIVE MEDICATION PROTOCOL**

**Pain Management Protocol**

- **Oxycodone** 5mg to 10mg (one to two pills) orally every 4 hours as needed.
- **Acetaminophen** (Tylenol) 500mg orally every 4 hours for 4 days, then as needed.
- **Celebrex** 200mg orally every day for 1 month, then as needed.
  - **Cr. < 1.5-100mg**
  - **Cr. < 1.2-200mg**
- **Gabapentin** 100mg orally three times a day for 5 days
- **Zofran** 4 mg orally every 6 hours as needed for nausea
- **Colace** 100 mg orally 3 times per day while taking oxycodone to prevent constipation.
- **Senna** 2 tabs at bedtime to prevent constipation while taking oxycodone.
- **ICE packs or cyrocuff** three times a day for 1 hour each. Do not apply ice directly to skin as you may freeze your skin and get an “ice burn”

**DVT (Blood Clot) Prophylaxis**

- **Aspirin** 325mg orally twice a day for 30 days to prevent blood clots and help with pain

**Showering**

- You may shower on third day after surgery if dressing dry and keeps water off your wound.

**Driving**

- Not allowed while on narcotics or if sling is necessary