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**SHOULDER ARTHROPLASTY (STANDARD OR REVERSE)
POST-OPERATIVE EDUCATION**

1. **Pain:** Take your pain medication as prescribed, usually Percocet or Vicodin. In general, narcotics can help with the immediate postoperative pain. However, it is our goal to get your pain controlled with non-narcotic medication as quickly as possible, in which case Dr. Galdi will usually prescribe an NSAID if it is medically safe for you. Nevertheless, some patients will have persistent pain after surgery for which ongoing narcotic drugs maybe appropriate and effective. If you run out of medicine or you are finding the medicine ineffective please call the office to speak with Dr. Galdi.
2. **Cryotherapy (ICE):** Cryotherapy and ice help tremendously with both pain and swelling. If you were given a cryotherapy unit, use it 6-8 hours per day for the first 72 hours, and then as needed following exercise or physical therapy sessions. If you are using ice packs or gel packs, place these over a towel or cloth and alternate 15 minutes on 15 minutes off to prevent frost bite or soft tissue injury
3. **Fever:** Low grade fever below 101.5 degrees F is common for several days after surgery and does not usually indicate infection. If your temperature remains elevated or is higher than 101.5, call us for instructions.
4. **Blood Clots:** Blood clots are uncommon after shoulder replacement surgery, but to prevent them Dr. Galdi prescribes Aspirin 325 mg to take twice a day for 4 weeks. If you have a history of blood clots please notify us immediately as you may need stronger blood thinners. If you think you have a blood clot after surgery, please call us immediately.
5. **Physical Therapy:** Physical therapy is essential for successful shoulder surgery and is almost always prescribed. This will begin as soon as practical after surgery, usually within the first 5-7 days. Certain restrictions on your range of motion and physical activity may apply and we will discuss this with you at your post-operative appointment.

6. **Dental Work:** In general, no dental work is allowed 2 weeks prior to surgery and for 2 months after surgery. After the 2 months antibiotics should be taken 1 hour prior to dental work or colonoscopy.

7. **Shower:** You may shower after 72 hours as long as clear dressing is intact and no water can leak beneath the clear plastic dressing.