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**TOTAL SHOULDER REPLACEMENT SURGERY
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).

Post-operative Day 1

- Do not put any creams or antibiotic agents on the wound.
- You will have physical therapy evaluate you in the morning and start moving your operative extremity to the ranges determined intra-operatively.
- You can come out of the sling 2 times daily to move your **ELBOW, WRIST, and FINGERS**.
- Use your cryotherapy as instructed to decrease swelling and diminish pain.

Post-operative Day 2

- You will be discharged home – discharge is at 10:00am
- You will be given home exercises to perform as instructed by P.T.
- You can shower at home – pat dry the wound and then apply a dry, gauze dressing.
- Leave the white butterfly (steri-strips) covering the wound.
- You should wear the sling at all times when in public and when sleeping.

Post-operative Day 4-10

- You will have an appointment for your 1st post-op visit this week that should have been arranged for you at the time you made your appointment for surgery

- We will snip the suture ends (no sutures need to be removed) and check the wound and give you your formal outpatient Physical Therapy prescription.
- You will continue to wear the sling whenever in public or for sleeping but can come out of it while sitting comfortably in your home.
- Move the elbow, wrist and fingers liberally to decrease gravity-dependent swelling.

Post-operative Weeks 1-6 (2nd Post-operative visit between 4-6 weeks post-op)

- Continue advancing range of motion in safe, steady fashion.
- Do not focus or worry about strengthening during this phase at all.
- You can discontinue use of the sling between 4-6 weeks post-op – I will coordinate this with you depending on the progress.

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.