

## POST-OPERATIVE INSTRUCTIONS SHOULDER REPLACEMENT

At your preoperative consent visit, medications for after surgery will be sent to your pharmacy. These include:

Journavx ( a non-opioid)

Ketorolac (anti-inflammatory)

\*do not take if you have a history of stomach ulcers or kidney disease.

Gabapentin (pain medicine), to be taken at night, helps with sleep.

Oxycodone (pain medicine)

Colace (stool softener), to be taken only while taking pain medicine to prevent constipation.

Clindamycin (antibiotic), to be taken for 3 days after surgery for prophylaxis.

Tylenol (anti-inflammatory)

Medrol (steroid, anti-inflammatory)

Pantoprazole (protects your stomach while taking anti-inflammatory)

Please pick these medications up prior to surgery so you will have them at home after your surgery.

Please review this list, and make the doctor and/or staff aware of any allergies or issues you have with these medications.

Unlike other joint replacements (hip and knee), blood thinners (such as aspirin) are not required after a shoulder replacement.

If you already take a blood thinner, restart your normal blood thinner as prescribed the day after surgery. Normally, this will be discussed with your primary care physician and/or cardiologist prior to surgery.

### **NERVE BLOCK**

You will get a nerve block the morning of surgery. This provides pain relief for after surgery.

These normally last 24-48 hours. **However, do not wait for your nerve block to wear off.**

Begin taking medicines as prescribed once you get home so you will not fall behind and have issues with pain control.

### **PHYSICAL THERAPY**

Physical therapy is a very important part of the recovery process. Therapy needs to be set up prior to your surgery and starts the week of your surgery. Most of the time, home health is set up prior to surgery and includes a therapist coming to your house for the first 1-2 weeks. After this, you will begin outpatient therapy.

You can find my physical therapy rehabilitation protocol on my website:

<https://www.toolesportsmedicine.com/pdfs/total-shoulder-arthoplasty-rehab.pdf>

<https://www.toolesportsmedicine.com/pdfs/reverse-total-shoulder-arthoplasty.pdf>

After surgery, you will have a sling with a pillow (called a shoulder abduction sling). This helps protect your shoulder replacement and decrease pain. This will be worn off and on for the first 4-6 weeks.

At the time of surgery, you will have an ice machine placed on your shoulder under the surgical dressing. This is known as cryotherapy. This helps greatly after surgery with swelling, inflammation, and pain.

You will have a follow up appointment scheduled for one week after your shoulder replacement.

Please contact office directly, with any questions or concerns.

We understand that the medications can be confusing and overwhelming. There are a lot of medications, and they need to be taken precisely. They are designed to hit multiple pathways to limit post operative pain. As such, here is a breakdown of how to take the medications. And as always, if you have questions, call the office.

### **Night Before Surgery:**

If taking Journavx, take “loading dose” the night before surgery, on an empty stomach. This is very important!

### **Day of Surgery:**

Take your second dose of Journavx the morning of your surgery, ideally about 12 hours after your loading dose, or first dose you took the night before.