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**POST-OPERATIVE INSTRUCTIONS**  
**SHOULDER REPLACEMENT SURGERY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve, or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

**\*Nerve Block will be given by anesthesia, your arm may be numb for 12-24 hours after the surgery. Do not be alarmed. When Nerve Block starts to wear off start taking the pain medication. If pain becomes unbearable seek medical consult near your home.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling :**

- Keep your shoulder elevated by placing your arm upright on your chest ( like you are pledging allegiance to the flag ) and flex your fingers periodically.
- Apply the cold therapy unit or ice pack and keep the shoulder cool as much as possible for the first 72-96 hours.
- You will not remove any of the bandages until your post op visit in the office, where the doctor/assistant will remove the bandages for you.
- Please insure that there is a protective layer between the skin and the unit ( towel or pillowcase ).

Keep the dressing clean & dry as you continue to keep your arm in the sling or immobilizer.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure on the shoulder,

**PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

**\*\*\*The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated\*\*\***