

Diet • Resume regular diet as tolerated.

Medication • Take 1-2 tablets every 4-6 hours as needed for pain
 Dilaudid Percocet Norco
 You have been given a prescription for Phenergan or Zofran
Fill this prescription **ONLY** if you have severe nausea
* **Restart your daily medication unless you are otherwise instructed**

You will be given a prescription for pain medicine when you are discharged from the hospital. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation and urinary retention. If you experience these side effects, please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe, you should seek medical attention.

Refills of pain medication are authorized during office hours only (8am-5pm; Mon-Fri.). Medications will not be refilled on weekends.

Activity

- You have been given a cooling unit to ice your shoulder. This can be used at all times for the first 1-2 weeks, and then as needed. Do not let the ice pad directly touch your skin. **DO NOT** use heat.
- Apply ice, even though bandages are thick and you may not feel the cold. Apply ice 3 times per day for 20 minutes for the first week until your shoulder is feeling comfortable again.
- **DO NOT** use heat.
- **DO NOT** actively (on your own) lift your operative arm away from the side of your body unless you are with your doctor, physical therapist, or athletic trainer.
- **DO NOT** lift anything with your operative hand.
- Place a pillow behind the elbow while lying down or sleeping. Sleeping in a more upright position (recliner) may be more comfortable initially.
- Open and close your hand, flex and extend your wrist and elbow. Do each 10 times every hour that you are awake.

Sling

- Use a sling at all times and while sleeping until your next office visit.
- You may remove your sling if you are sitting with your arm resting in your lap or supported on pillows.

Dressing Care

- Do not shower or submerge your shoulder in water. Keep the dressing and wound clean and dry.
- Keep the dressing dry and intact. If the dressing becomes soiled, you may change it with gauze and tape if needed.
- You can expect some light bloody seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- You may pull the pain pump and throw it away when it is empty (when you can see the spring fill the chamber or approximately 48 hours). Drainage may increase when the pain pump is pulled.

Procedure Performed

- Rotator Cuff: small tear large tear complete tear partial repair
- Shoulder Fracture fixed with plate and screws
 replaced with partial shoulder replacement
- Total Shoulder Replacement
- Reverse Total Shoulder

Follow-Up

You have a follow-up appointment scheduled with Blakely PA-C/Dr. Herring on _____

Physical Therapy

- You will be given a physical therapy prescription to begin in 1 to 2 days.
- You will be given a physical therapy prescription when you are seen in the office for follow-up.
- No formal physical therapy will be needed.

Specific Instructions:

If any of the following signs and symptoms occur, you should contact your doctor. If the problem occurs out of office hours, please call the office at 804-270-1305 and ask them to page the Orthopaedic Doctor on-call.

Signs and Symptoms to watch for include:

1. A sudden increase in swelling and redness or warm at the area the surgery was performed **which is not relieved by rest, ice, and elevation.**

WEST END: 7858 Shrader Road, Richmond, VA 23294
SOUTHSIDE: 13801 St. Francis Boulevard, Suite 200, Midlothian, VA 23114
P: 804-270-1305 | F: 804-273-9294

2. Oral temperature greater than 101 degrees that is not relieved by taking 2 Tylenol every 4-6 hours. **Do not exceed 3.5 grams of Tylenol over 24 hours. Note your pain medicine contains Tylenol or acetaminophen.**
3. Excessive drainage from the incision or dressing which has not stopped 72 hours after surgery which is not relieved by applying a compressive dressing, ice and elevation.
4. Fever, chills, shortness of breath, chest pain, nausea, vomiting or other signs and symptoms that concern you.

Postoperative Constipation

Constipation frequently occurs following total joint replacement. Narcotic pain medication is the most common cause of constipation. Other contributing factors are reduced mobility,

Changes in diet and limited fluid intake. Due to these factors, all patients having total joint replacement are likely to develop constipation after going home.

It is important for you to begin measures when you go home to prevent constipation.

Dr. Herring wants you to start the following steps to prevent constipation:

1. Start a stool softener twice a day.
Examples: Colace, Senekot or any generic stool softener. (A generic brand is fine and cheaper)
2. Begin taking a laxative twice daily.
Examples: Miralax or Milk of Magnesia.
You may stop the laxative once you have a normal bowel movement or experience diarrhea.
3. Increase your fluid intake. Water is the best fluid to prevent constipation.
Try to drink 8 ounces of water with each meal and 8 ounces between each meal.
4. Limit Caffeine intake.
Examples: Coffee, tea and sodas.
5. Increase your activity of fresh fruits and vegetables.
6. Continue to increase the distance you walk daily.
7. If you have not had a bowel movement within 3 days of going home,
Please call the office at 804-270-1305 from 8:00 AM to 5:00 PM for further recommendations

I have seen and understand these instructions.

Discharge Nurse

Patient or Guardian

Date