

POSTOPERATIVE INSTRUCTIONS

- **Weight bearing**

- You are NON weight bearing after surgery
- Keep your sling on at all times until the follow up appointment

- **Movement**

- It is beneficial to change positions often after shoulder arthroplasty.
- You may use the pillow portion of the sling for comfort if desired
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.

- **Sleep**

- Keep your sling on during sleep
- Many patients are most comfortable sleeping in a reclining chair for the first 1-2 weeks

- **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the shoulder over a thin layer of clothing or a towel, but never directly on the skin.

- **Wound care, Dressings/Bandages**

- Leave surgical bandage on and do not shower for 3 days
- Its normal to see bloody soaked fluid on the bandages.
- Apply waterproof band-aide (i.e. shower shield) to each incision prior to showering. If wounds get wet while showering, this is OK; however, we prefer for keep the wounds dry during the first 5 days after surgery.
 - If your dressing gets wet, change it to a dry one.
- Do not apply lotions or ointments to the incisions.

- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed