

POST OP INSTRUCTIONS FOR TOTAL SHOULDER REPLACEMENT

For Patients of Troy L. Berg, M.D.

1. Leave the arm in the sling during the first several days for comfort. The arm may be taken out of the sling at any time to begin range of motion exercises.
2. You may remove the large dressing the day after surgery and replace it with 4x4 gauze pads. Please leave the surgical steri-strips and any sutures in place.
3. ICE! It is important to begin icing the shoulder following your surgery. This should be done 4-5 times per day for approximately 20 minutes at a time.
4. You may shower 2 days after surgery with incisions covered by plastic and tape. It may be comfortable to use a rolled up towel as a pillow under arm while showering. No baths or soaking incision until 3 weeks after surgery.
5. You may begin to bend and straighten your elbow with your arm at your side within 2-3 days after surgery.
6. Strong oral pain medication will be prescribed for you. Please attempt to use this sparingly. Use Tylenol to supplement the prescribed pain medication. If additional pain medication is needed, please call the office during regular business hours Monday-Friday 8am to 5pm.
7. Report any worrisome condition to your surgeon immediately. This includes excessive pain, swelling, fever, chills, or redness and drainage of the wound.
8. Return to work is variable depending of type of employment. Generally, you should not engage in activities that prolong or increase swelling in the shoulder.
9. Make sure an appointment has been scheduled for you in the clinic approximately 1-2 weeks after surgery.

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