

Post-Operative Patient Information  
**SHOULDER JOINT REPLACEMENT (TOTAL SHOULDER ARTHROPLASTY)**  
Cyrus M. Press, M.D.

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703.490.1112

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McLean, VA 22101  
703-763-5473

**MEDS:** You will be given prescriptions for pain medicine and antibiotics. Have these filled at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 4 hours for pain if needed. An ice pack should be used regularly for 48-72 hours after surgery for 20 minutes at a time. This will help reduce swelling and pain. After that you may use an ice pack as much as you would like.

**WOUNDS:** The incision may be sore and your entire arm may develop bruising over the next several days. This will go away and no special care is needed. You can remove the surgical bandage 48 hours (2 days) after surgery.

**BATHING:** It is safe to shower 72 hours (3 days) after surgery. To shower, remove the sling and leave your arm by the side. To wash underneath your armpit, lean forward and allow your arm to gently fall away from your body. Wash the incision with regular soap and water. Do not submerge the wound under water in a bathtub.

**ACTIVITY:** You will have a sling to support your arm. When you are at home, you may come out of the sling to move your hand, wrist, and elbow as much as you want. You can use your hand to write and eat as long as there is no pain. Do not lift more than 2 pounds with your operative arm. Do not use your arm to rise from a chair. Do not lean on your elbow

**CAUTIONS:** If you develop a temperature, a significant rise in pain that does not get better with medication, or notice redness or drainage from your wound, please contact the office.

**NEXT APPT:** Call the office to make an appointment for evaluation approximately 7-10 days after surgery. You will receive a prescription for physical therapy at your post-operative appointment.



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Nurse Signature                      Date

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Patient Signature                      Date