



HOME CARE FOR PATIENTS HAVING TOTAL SHOULDER REPLACEMENT

PURPOSE OF SURGERY:

To replace your worn shoulder in order to eliminate your pain and increase your shoulder mobility.

The following are important aspects to remember to make your home progress faster:

1. Eat a well-balanced diet of foods high in Vitamin C and proteins.
2. Drink eight (8) glasses of water everyday. This is in addition to your normal fluid intake at meals.
3. Keep all clinical appointments with your doctor. If you are unable to keep the appointment, call the doctor's office and re-schedule your appointment.

During the next three (3) - four (4) months, it is important for you to follow these "**DO's**" and "**DON'T's**":

DO

1. Do follow your prescribed exercise program as outlined by your doctor and physical therapist.
2. Do assess operative hand for color (**pink** or normal color), warmth, numbness or tingling. If the hand is cold, **bluish** color, or numbness or tingling are present, call your doctor.
3. Do take the prescribed pain medication only as you need it. Be sure to follow the schedule as prescribed by your doctor.

DON'T

1. Do Not lie or sleep on your operative side. Put a pillow by the side of your shoulder to keep you from rolling to operative side.
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Most people do well after a total shoulder procedure. If you have any of the following problems, notify your doctor or nurse:

- Pain, swelling, soreness, **redness** in calf of legs
 - Increased shoulder pain
 - Fever
 - Redness, pus-like drainage, swelling from shoulder incision
 - Decreased ability to move shoulder and arm.
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