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# EVANGELISTA ORTHOPEDIC CLINIC

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## **TOTAL SHOULDER ARTHROPLASTY/REVERSE TSA POST-OPERATIVE INSTRUCTIONS**

- Your first meal after surgery should be light
- An ice bag may be applied to your shoulder. Swelling in your arm, hand, and fingers is very common after surgery. Please elevate your extremity when swelling does occur. Having your arm in a dependent position will cause the swelling to become worse
- Prescription for pain medications will be provided at discharge. A common side-effect of narcotic pain medication is constipation. If you are pre-disposed to this, it may be a good idea to start a stool softener and/or laxative after surgery. We recommend Colace®, 100mg three times daily
- Sling should be worn for the first 48-72 hours
- After 3 days, sling may be removed for light desk work
- Sling should be worn as needed during the day, when the patient is in a crowd or unprotected environment, and when the patient is active
- It is a good idea to wear the sling at night for the first 6 weeks, as we are not aware of our movements during sleep
- Physical therapy is an important aspect of your recovery. This process should begin as soon as possible and continue for at least a few months. If you are discharged home you should either go to outpatient physical therapy (our preferred option), or participate with home physical therapy by a home health agency.
- You may remove the dressing and shower 72 hours after surgery
- You may wash your incision gently with a mild anti-bacterial soap and water, pat dry, and apply a clean dressing. Do not use peroxide or alcohol to clean your incision. This should be repeated daily until your staples/sutures are removed. Do not submerge your incision under water. Showers are good, but no pools, bathtubs, or hot tubs for at least 6 weeks after surgery
- Do not apply any creams or ointments to your incision sites



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- You should not lift objects with your operative arm
- If you develop a fever (101.5° or above), severe pain, unexpected redness or swelling in your leg, calf pain, chest pain, or shortness of breath, please notify our office, or go directly to the Emergency Room (ER)
- Let pain and swelling be the guides to your level of activity: if your arm is much more swollen than the day before, you probably did too much
- Your follow up appointment should have already been scheduled for you in our office. You can find your appointment date and time on the front of your packet. It should be approximately two weeks after surgery. Your sutures/staples will be removed at this visit. Should you need to reschedule please call the office
- You should not drive for at least 6 weeks after surgery

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at 480-656-0291