Post-Operative Instructions
Reverse Total Shoulder Arthroplasty
(“Reverse Ball”)

General Care
- Remove dressing on post-operative day (POD) 1
- Do not remove butterfly strips (“steri-strips”) from skin

Showering
- You may shower on POD 2
- Replace dressing only as needed with band-aids

Sling Use
- The sling should be on at all times you are in public or when you sleep.
- You may come out of the sling 3x/daily to move elbow, wrist and fingers
- You can remove sling for showering, but then put back on afterwards
- Avoid using the operative hand for ADL (activities of daily living)

Controlling discomfort after surgery
- Cryotherapy or ice
- Pain medication taken every 4-6 hours as needed
- Use of NSAIDs (advil or aleve) in combination with Narcotic pain meds
- Sleep with pillow under operative arm

Physical Therapy
- There will be no physical therapy for at least the 1st 4 weeks – your doctor will direct your specific program.

Post-Operative Office Visit
- Please make sure you know when your physician would like to see you post-operatively – your 1st post-op visit can usually be scheduled at the same time you schedule your operative date.

Driving
- Not allowed while on narcotics or if sling is necessary

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