

Xinning Li, M.D.
Professor of Orthopaedic Surgery
Sports Medicine and Shoulder Surgery

Boston University School of Medicine – Boston Medical Center
Boston University Athletics – Team Physician
Boston University Sports Medicine – Fellowship Director
(617) 638-5633 (Telephone – Shapiro Office)
(617) 358-3400 (Telephone – Ryan Center)
(617) 638-8926 (Fax)
www.tigerortho.com

FREQUENTLY ASKED POST-OPERATIVE QUESTIONS (FAQ's) FOR OPEN SHOULDER PROCEDURES AND SHOULDER REPLACEMENT SURGERY

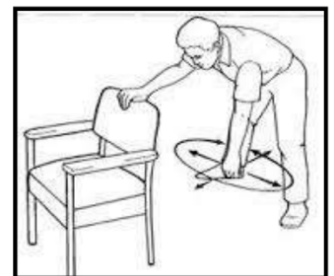
SHOULDER SLING +/- ABDUCTION PILLOW

You will be wearing your sling +/- abduction pillow **AT ALL TIMES** except for hygiene or therapy. You will be wearing your sling +/- abduction pillow **WHILE YOU SLEEP.**

Length of time you will wear your sling depends on your surgery:

- Total Anatomic Shoulder Replacement – 6 weeks with Abduction Pillow
- Reverse Shoulder Replacement – 2 weeks without Abduction Pillow
- Revision Shoulder Replacement Surgery or Reverse for Fxs – 6 weeks with Abduction Pillow
- Shoulder Fracture Open Reduction and Internal Fixation – 6 weeks with Abduction Pillow
- Open Shoulder Surgery – 6 weeks

- **NO** active motion of the shoulder is allowed immediately post-operatively
- Gentle daily shoulder pendulum (as demonstrated in the photo to the right) is **OK** to start three days after surgery. **NO PAIN.** (10 mins per session x 3 times per day)
- Motion of the Elbow / Wrist / Hand is **OK** and **ENCOURAGED DAILY.**
- Grip exercises are also **ENCOURAGED DAILY.**
- You may use your arm to assist with dressing, eating, and personal hygiene unless specifically instructed not to by Dr. Li.



PLEASE TAKE A 81MG ENTERIC COATED ASPIRIN ONCE DAILY STARTING ON POST OPERATIVE DAY #1 FOR FOUR WEEKS.

Do not take the Aspirin if you are currently on a blood thinner (Coumadin, Plavix, etc) or have stomach pain with taking anti-inflammatory medications or a history of gastric bypass surgery.

PLEASE DO NOT TAKE ANY PRESCRIPTION ANTI-INFLAMMATORY MEDICATION FOR 1 MONTH (i.e Naprosyn / Mobic / Celebrex / Ibuprofen) IN ADDITION TO THE ASPIRIN.

CRYOTHERAPY or COLD THERAPY

Cryotherapy (Cold therapy) is a **very important** part of pain control after surgery. The cold temperature will help control swelling and reduce pain. This can be done several ways – with an ice pack or a cold therapy unit. Cold therapy units are more effective in concentrating the cold to the surgical site via a molded wrap. Cold water is then circulated through the wrap, delivering cold to all sides of the joint.

Cold therapy units come 2 ways - Cold therapy only and Cold therapy with compression: Cryocuff® (cold only) – cold therapy via a molded wrap. You may elect to use only an ice pack or a Cryocuff®.

Use Ice or Cryocuff as often as possible for the first 7 days, then as needed for pain relief. Do not wrap the shoulder wound too thickly or the Cryocuff cold may not penetrate as well. Do not use the Cryocuff or Ice for a prolonged time directly onto the skin to avoid frostbite to the skin. There will be more swelling on days 1-3 than you had the day of surgery. This is Normal. The swelling is decreased by using Ice or Cryocuff and over time.



WOUND CARE

□ **You have a waterproof dressing on (Aquacel dressing). Please DO NOT take it off for 7 days.** You can shower with the dressing on 4 days after surgery and let the water run-off. After 7 days, please take off the dressing and then either leave it open to air if the incision is healed and no drainage or cover it with a large gauze and tape until you see Dr. Li's PA in the office in 10 to 14 days if there is small drainage or the incision is not fully healed.

□ You may **NOT** remove the Operative Dressing until you see Dr. Li's PA in the office in 10 to 14 days after surgery. You may shower 7 days after surgery but please cover the dressing with water tight plastic wrap so that it does not get wet. The Cling Wrap or Press'n Seal around a plastic bag on top wrapped with tape on either side of your shoulder to create a water tight seal is most recommended. If the dressing got wet accidentally, please change it with a clean and dry gauze and then put tape over it.

ALWAYS KEEP THE WOUND CLEAN AND DRY. Do not soak the shoulder in water. Do not go swimming in the pool, hot tub or ocean until 4 weeks after your sutures are removed.

DRIVING INSTRUCTIONS and RESTRICTIONS

****IMPORTANT** - ABSOLUTELY NO DRIVING WHILE TAKING ANY NARCOTIC PAIN MEDICATION (VICODIN / PERCOCET / OXYCODONE, etc.)** - it is against the law to operate a motor vehicle under the influence of any controlled substances (even when legally prescribed). Narcotics impair both motor ability and judgment.

As a result of your surgery, your reaction time will be greatly slowed down, impairing your physical ability to safely drive a vehicle. Therefore, if an emergency arises while attempting to drive to early – i.e. you need to slam on breaks, depress the clutch, or turn the wheel –you may not be able to react as quickly thus potentially risking harm to yourself or others.

If your **DOMINANT SHOULDER** is the operative side, you **MAY NOT DRIVE FOR 6 WEEKS**. It is important to regain adequate muscle strength and control in your dominant upper extremity and arm before attempting to shift gears or use the steering wheel.

If your **NON-DOMINANT SHOULDER** is the operative side, you may drive a few days **AFTER** you finish taking your pain medication. It is important that you feel very confident in your ability to respond efficiently before attempting to drive.

DO NOT use your operative shoulder/arm to open the car door.

FIRST FOLLOW-UP AFTER SURGERY

You should have your follow-up appointment scheduled at the time of the preoperative visit and prior to surgery with Dr. Li's physician assistant. If you do not have a scheduled postoperative visit, please call the office to schedule a follow-up appointment for 10-14 days after your surgery date.

- (617) 638-5633 (BMC - Shapiro Office)
- (617) 358-3400 (BU - Ryan Center)
- (617) 638-8932 (Anisse Rodriguez – Dr. Li's Scheduler)

During your first postoperative visit, Dr. Li's physician assistant will check the wound, remove the stitches and will outline your post-operative physical therapy protocol. Please start your physical therapy in the next week unless otherwise instructed differently by Dr. Li's physician assistant.

If Dr. Li give you the PT script right after surgery in the PACU, please start the PT as soon as possible.

If you lost the physical therapy script or the protocol, please call Dr. Li's office at the numbers above and go to Dr. Li's website to get the updated PT protocol. (www.tigerortho.com)

ADDITIONAL FOLLOW UP APPOINTMENTS

Your first visit with Dr. Li after surgery is about 8 to 10 weeks from the date of your surgery.

Please make appointment to see him at your 2-week post-operative visit with his physician assistant.

CHECKLIST

- Identify a Caregiver/family member to help with preparing meals, hygiene, dressing, and activities of daily living (cleaning, shopping, pet care, etc).
- Identify a Caregiver/family member to assist in driving you to and from appointments.
- Make your post-operative appointment (for 10-14 days after surgery) with Dr. Li's physician Assistant
- Make your post-op Physical Therapy appointment (for after the 1st post-operative visit). The PT script will be given to you at the first postoperative visit.
- Have your pain medications filled at the pharmacy by your family members before you go home so that they are available for you.
- Please visit Dr. Li's website if you have any additional questions (www.tigerortho.com)

PLEASE NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCURS

Boston Medical Center - Phone Number (617) 638-5633

- Excessive bleeding from the incision site
- Excessive non-bloody wound drainage beyond the first 7 days from surgery
- Poor pain control with your medications
- Fall on the shoulder with increased pain
- Any deformity of the shoulder that is different from post surgery
- Numbness or tingling of the hand not related to bruising.
 - If you had a shoulder block, then numbness and tingling is expected for the first 48 hours.
Please contact the anesthesiologist if you have persistent numbness after the first 48 hours.
- Fever > 101.5° after postoperative day #3
- Increased redness or warmth along incision site
- Calf pain or leg or arm swelling
- Shortness of breath
- Chest pain
- Any other concerns /questions

