

# Oregon Medical Group Orthopedic and Sports Medicine Clinic

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## Home Discharge Instructions: Shoulder Replacement

### Current medications:

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### New Medications:

1) Blood Thinner

Fragmin 5000 units subcutaneously every 24 hours

- Your last dose of Fragmin will be on

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stop date

OR

Aspirin (Enteric-Coated) 325 mg daily x 4 weeks

2) Pain Medications

Percocet 5/325 mg tablet by mouth every 4-6 hours as needed for pain

Oxycodone 5 mg tablet by mouth every 4-6 hours as needed for pain

Vicodin 5/500 mg tablet by mouth every 4-6 hours as needed for pain

Tylenol 650 mg tablet by mouth every 4-6 hours as needed for pain

Dilaudid 2-4 mg tablet by mouth every 4-6 hours as needed for pain

Other \_\_\_\_\_

3) Other

Phenergan 25 mg tablet by mouth every 6 hours as needed for nausea

Colace 100 mg tablet by mouth every 6 hours as needed for constipation

Ferrous Sulfate 324 mg tablet by mouth every 12 hours (may cause constipation / dark stools)

Vitamin C 500 mg tablet by mouth every 12 hours

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**OTHER INSTRUCTIONS:**

- **Follow shoulder exercises as instructed by the Physical Therapist in the hospital.**

**Avoid:**

- Extension behind your body.
- Active internal rotation (to protect the subscapularis repair)
- External rotation beyond 30° (to protect the subscapularis repair)

**Do:**

- **Remember to move your elbow and hand through full range of motion daily, to prevent stiffness.**
  - Ice the shoulder using your cryocuff.
  - Keep your arm in the sling at all times except while showering or doing your exercises.
  - OK to do active assist forward flexion with pulley.
  - Keep dressings clean and dry. Dressings may be changed by your home health nurse. Take the dressing off 3 days after surgery. You can cover the suture area with a light dressing to protect it.
- **Report any problems immediately to your physician:**
    - **Fevers higher than 101.5°**
    - **Increasing pain**
    - **Chills**
    - **Wound drainage**
    - **Calf tenderness**
    - **Shortness of breath**
  - Home Health may see you in your home for wound care, blood draws, and physical therapy if needed.

Post-operative appointment:

Office number: (541) 242-4812

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*Release: This is to certify that the instructions listed about have been received by the patient at the time of discharge.*

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Patient or Authorized Representative

Date

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Provider/Nurse

Date