



## Shoulder and Elbow Service

Robert J. Gillespie, MD

[www.clevelandshoulderelbow.com](http://www.clevelandshoulderelbow.com)

### Discharge Instructions after Reverse Ball and Socket Arthroplasty

- A sling has been provided for you. You are to wear this at all times, even while sleeping, until your first post operative visit with Dr. Gillespie
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Pain medicine has been prescribed for you.
- Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills. **DO NOT** take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen or Naprosyn.
- You may remove your dressing after two days
- You may shower 4 days after surgery. The incisions **CANNOT** get wet prior to 4 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.
- Elbow and wrist range of motion exercises should be performed 4-5x/day
- Aspirin has been prescribed to prevent blood clots. Take one 325 mg tablet twice a day. If Coumadin, Warfarin or other blood thinning medication is prescribed for blood clot prevention, take this medication as directed by your medical clearance physician. **DO NOT TAKE COUMADIN AND ASPIRIN.**

Please call 216-844-0209 for any problems. Including the following:

- excessive redness of the Incisions
- drainage for more than 4 days
- fever of more than 101.5 F

Please call 216-844-0209 to make a follow-up appointment if one has not already been made. You should see the doctor 10-14 days after your surgery.

Ahuja Office  
3999 Richmond  
Road  
Beachwood, OH  
44122

Mayfield Village  
730 SOM Center  
Road  
Mayfield Village,  
OH 44143

Westlake Office  
960 Clague Road  
Westlake, OH  
44145

UH Cleveland  
Medical Center  
11100 Euclid  
Avenue  
Cleveland, OH  
44106