



Post-op Instructions for Anatomic Shoulder Replacement Surgery

Dressing Changes:

1. Keep the incision dry and covered with the dressing. You may not shower; only sponge baths.
2. You are provided 2 dressings to go home with. You may change the dressing in one week.
3. You will notice a mesh-type dressing over the incisions. This will fall off on it's own. DO NOT pull off.

Shoulder Immobilizer:

1. Shoulder immobilizer should be worn at all times other than to shower. You will be in the shoulder immobilizer for 5-6 weeks (per Dr. Sayeed's/PA Sandquist's discretion).
2. The picture below is a good example of positioning of shoulder immobilizer. If you are unsure if you are wearing your shoulder immobilizer correctly, please call the office.



3. You should wear the shoulder immobilizer when you sleep as well. It is best to do this in a recliner or with an inclined bed or with multiple pillows behind your back.

Exercises:

1. If Dr. Sayeed/PA Sandquist allow you to do exercises, you may remove your shoulder immobilizer to do pendulum exercises as well as straighten your elbow a couple times a day to prevent stiffness.
2. Afterwards, put your shoulder immobilizer back on.

Link for shoulder pendulum exercises:

<https://www.youtube.com/watch?v=S0blH3d9xyl>

Lifting Restrictions:

1. No lifting anything for the first 5-6 weeks.

***Note:** If you have any questions, you may call the office at (210)696-2663.

2. No lifting more than 5 lb from weeks 6-12.
3. After 12 weeks, there is a lifetime restriction of no more than 15 lb.

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