

HOME CARE RECOMMENDATIONS

SHOULDER REPLACEMENT

01 PHYSICAL ACTIVITY

- Gradually begin your daily activities, avoiding movements that require much effort, until you gradually recover your usual routine.
- Ask your physician about the movements you should avoid.
- Avoid prolonged bed rest or activities that require repetitive movements.

02 DIET

- Start with a liquid diet and gradually go back to your usual diet (as tolerated).
- Drink plenty of fluids and eat a lot of fruits.
- If you have diabetes or hypertension, continue your usual diet.
- Avoid smoking or drinking alcoholic beverages.

03 GENERAL AND WOUND CARE

- Continue your daily bathing routine with soap and water, preferably sitting, avoiding wetting the dressings and bandages.
- Do not apply anything to the wound, it does not require cure.

**POST-SURGERY
CARE**

February 2021

- If the dressing gets wet, replace it with a clean, dry one.
- Avoid walking on slippery surfaces and sleeping on the operated side until instructed by your physician.

04 CHECK WITH YOUR PHYSICIAN IF YOU HAVE:

- Chills or temperature above 38.8°C.
- Persistent shoulder pain.
- Heavy and persistent bleeding or discharge with pus (matter).
- Swelling or redness of the wound or arm
- Change of color and cooling of the hand or fingers.
- Displacement of the operated joint.

05 MEDICATIONS

- Take your medication at the time and dose set by your physician.
- Continue with the medications indicated for the control of your underlying disease (diabetes, hypertension, etc.) as formulated.

06 APPOINTMENTS

- The surgeon will have to evaluate you approximately 10 a 15 days after your discharge.
- Request your follow-up appointment in advance at **331 9090 ext. 7981.**
- Ask the staff in charge for the assignment of the indicated therapies.