



JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,
SPECIALIZING IN SHOULDER & KNEE SURGERY

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Post-Operative Instructions: Total Shoulder Arthroplasty

1. Do not change the wound dressing. We will remove this at your first post-op appointment.
2. You may shower quickly (2-3 minutes) on post-operative day #5 if the incision is completely clean and dry. Cover the bandage with plastic wrap and secure it with tape. Wash the axillary area (arm pit) daily with soap and a moist towel. Please do **not** soak the shoulder (no baths, hot tubs, swimming or soaking)
3. Your sling should be worn **at all times** until your first post-operative visit to provide both comfort and support.
4. Come out of the sling **4 times** a day for gentle elbow range-of-motion exercises. Please work on wrist range-of-motion exercises when in the sling.
5. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.
6. Call the office to schedule a follow-up appointment to have staples removed 10-14 days after your surgery.
7. If you develop a fever (temperature greater than 101.5 F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. You will be given 2 prescriptions for pain, usually Percocet & Oxycontin. These are narcotics, to be used on an "as needed" basis for pain. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. Percocet should be taken as 1-2 tablets every 4-6 hours, and Oxycontin should be taken as 1 tablet every 12 hours. It is important to stay ahead of the pain.
9. Please take Peri-Colace (laxative), drink a lot of water, and eat dried apricots/prunes 3x/day. These medications should not be taken on an empty stomach.

Please **do not take any Motrin, Ibuprofen, or Aleve (NSAIDs)** as these may impair your healing.

If you have any questions, contact the MA for Dr Jonas Rudzki @
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