



## **Proximal Humerus Post-op Instructions**

### Discharge Instructions

- **Comfort**
  - Discomfort increases 6-24h after surgery due to anesthetic/nerve block wearing off (if a nerve block was performed). This can be helped by oral pain medication. It is safe and normal.
  - Cold therapy – This will greatly reduce pain and will help with swelling for the first three days. You may use it 20 minutes on, 20 minutes off, as often as you wish. Always keep a cloth barrier, such as a towel, between the cold and your skin.

### Medication

- For constipation – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For pain-- A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. Try to manage your pain with ice and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such as constipation, nausea and cognitive impairment may occur. Tylenol can be used as a step-down medication and is recommended as soon as possible. It is very common to use the pain medication at night to help sleep better.

### Activity

- Abduction sling x 6w
- PT may begin after 4-6 weeks pending post-op appointments and post-op XRs

### Wound Care

- You have a soft dressing over the wound. Keep it on for at least 3-5 days. You can shower during the first 3-5 days but do not get the arm wet (i.e. use a bag, hold it out of the shower, etc.).
  - Once you take off the dressing, you can look at the wound. Make sure it is not red, draining, or painful. If you have any concerns, you can email a picture to [info@genesisortho.com](mailto:info@genesisortho.com). Keep the wound clean, dry and covered. After this, you can shower and let water run over the wound, but no scrubbing or soaking.

### Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

### Call your physician if:

- You develop a temperature over 100.3 degrees.
- You notice any drainage of the incisions 5 days or later after surgery.
- The arm becomes hot to the touch, red, intolerably painful, or swells suddenly. (Note some warmth, pain, and swelling are normal.)
- You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.