



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after SHOULDER REPLACEMENT surgery

- Always use the arm pouch with the upper limb positioned correctly; avoid it being too loose or tight.
- Refrain from moving or lifting anything with the operated hand until advised.
- Apply ice if experiencing pain, swelling, or after physiotherapy.
- Apply ice specifically to the shoulder joint where bone can be felt, 5-6 times a day.
- Use hot packs on the upper back for pain relief if needed.
- Maintain axillary hygiene by gently sponging the axilla.
- Take medications according to the prescribed timings in the discharge summary.
- Walking is unrestricted.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath allowed, but ensure dressing and wound area remain dry; use cling drape to cover the dressing while showering.
- Place a pillow under your elbow on the operated side while sleeping to support the limb.
- Encourage finger and wrist movements of the operated limb.
- Ensure the room is well-lit and free of mats to prevent falls.
- Expect bluish-black bruises or skin discoloration around the operated site, which will subside with ice application.
- Maintain axillary hygiene by gently sponging the axilla with wet tissue and then dry tissue.
- Contact us if there is bleeding or ooze from the dressing for assistance.



ARM POUCH



**ICE PACKS
FOR SHOULDER**



**HOT WATER BAG
FOR SHOULDER**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



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For Appointments

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