



**COLUMBIA UNIVERSITY
CENTER FOR SHOULDER,
ELBOW AND SPORTS
MEDICINE**

Louis U Bigliani, MD
Office (212) 305-5564
Fax (212) 305-0999

Christopher S. Ahmad, MD
Office (212) 305-5561
Fax (212) 305-4040

William N. Levine, MD
Office (212) 305-0762
Fax (212) 305-4040

Edwin R. Cadet, MD
Office (212) 305-4626
Fax (212) 305-4040

Charles M. Jobin, MD
Office (212) 305-6445
Fax (212) 305-4040

Appointment Scheduling
(212) 305-4565

Mailing Address:
622 West 168th Street, PH-11
New York, NY 10032

Office Locations:
16 East 60th Street
New York, NY 10022

161 Ft. Washington Ave.
New York, NY 10032

500 Grand Avenue
Englewood, NJ 07631

www.nyp.org/columbiaortho

**Post-Operative Instructions
Reverse Total Shoulder Arthroplasty
("Reverse Ball")**

General Care

- Remove dressing on post-operative day (POD) 1
- Do not remove butterfly strips ("steri-strips") from skin

Showering

- You may shower on POD 2
- Replace dressing only as needed with band-aids

Sling Use

- The sling should be on at all times you are in public or when you sleep.
- You may come out of the sling 3x/daily to move elbow, wrist and fingers
- You can remove sling for showering, but then put back on afterwards
- Avoid using the operative hand for ADL (activities of daily living)

Controlling discomfort after surgery

- Cryotherapy or ice
- Pain medication taken every 4-6 hours as needed
- Use of NSAIDs (advil or aleve) in combination with Narcotic pain meds
- Sleep with pillow under operative arm

Physical Therapy

- There will be no physical therapy for at least the 1st 4 weeks – your doctor will direct your specific program.

Post-Operative Office Visit

- Please make sure you know when your physician would like to see you post-operatively – your 1st post-op visit can usually be scheduled at the same time you schedule your operative date.

Driving

- Not allowed while on narcotics or if sling is necessary