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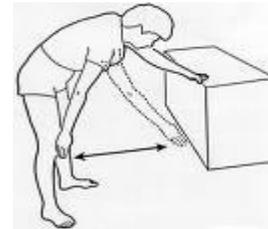# Dr. Lowry's Post-Op Instructions

Left/Right Shoulder Antibiotic Spacer for Infection
Two-Stage Reimplantation

Patient:

1. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks.   Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage.

2. Wear the cold cuff for 72 hours. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask you nurse after surgery about instructions using it. If you are NOT given one of these devices, apply a well-sealed ice pack to your shoulder.

3. Stay in your sling at all times other than showering. You need to perform active motion of your elbow, wrist & hand out of the sling at least twice a day. Sling x 6 weeks.

4. Staples, if present, should be removed in 14 days and steri strips (without mastisol) placed in my office. You may have absorbable suture placed under the skin with skin glue/sealant.

5. Your antibiotics & PICC line will be managed by your infectious disease physician, usually for 6-8 weeks.

6. We will plan for re-implantation of your new shoulder in 8 weeks.

7. Below are the only exercises I want you to do (out of your sling) at home after the surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS