



Brian P. Davis, MD
ABOS Board-Certified Sports Medicine,
Shoulder, Knee, & Elbow Surgeon
office: 303.321.1333
BrianDavisMD.com

Postop Shoulder Replacement Dressing Change Instructions

Maintain your dressing clean and dry until your suture removal appointment! If the dressing becomes saturated, bloody, or wet, contact our office to evaluate your surgical site.

****Do not place any other ointments (i.e. Neosporin, petroleum, or scar creams), alcohol or hydrogen peroxide on your stitches, until you're instructed to do so by Dr. Davis. ****

When you shower, please cover your stitches so they stay dry. Do not take baths or soak in any form of water until you are instructed you may do so by Dr. Davis.

Please shower with your dressing on. If needed, cover the surgical site with a waterproof bag or Saran wrap.

For all procedures that require a sling

- Please take the sling off for showering, and hang your arm down to your side, however, please put the sling back on at all times once you are done showering.
- If you would like, you can purchase a simple sling at your local pharmacy that can be used in the shower only and can hang to dry between bathing.
- When sleeping, be sure to be in your sling and sleep in a reclined position.

For all procedures: The white TED hose stockings need to be worn on both legs (14 days) at all times on both legs, except for when showering or if they need to be hand washed.

*****You may ice for 20 minutes on and 20 minutes off*******

If you require any additional pain medication refills, please contact our office, as pain medication cannot be called into a pharmacy per the FDA.