

William A. Tyndall, M.D., Ph.D.

3000 Fairway Drive

Altoona, PA 16602

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**DISCHARGE INSTRUCTIONS FOR TOTAL SHOULDERS (TSA)**

1. Wound care
2. Remove adhesive Silverlon dressing after 7 days
3. If your wound is dry, you may leave open to air or cover with clean gauze
4. DO NOT USE OINTMENTS OR CREAMS ON THE WOUND (SUCH AS NEOSPORIN)
5. DVT prophylaxis (blood clot prevention)
6. ASA 81 mg twice a day for 30 days (unless otherwise instructed)
7. ICE
8. Ice pack to operative site 4 times daily minimum 20 mins each and after PT
9. Bathing
10. You may shower with the Silverlon dressing in place. Dry the dressing with a clean towel. No baths or swimming until the staples are removed.
11. Pain medications
12. Oxycodone 5 mg - 1 or 2 pills every 4 hours as needed
13. Tylenol 1000 mg 3x/day
14. Celebrex or Mobic as directed
15. Follow up in office
16. 2 weeks to remove staples and wound check, appointment with PA-C
17. 6 weeks for x-ray and to evaluate progress, appointment with Physician
18. Notify our office immediately if:
19. Temperature greater than 101 degrees (check with a thermometer)
20. Worsening wound drainage, erythema or redness
21. Readmission to hospital
22. Physical therapy on discharge
23. Home exercises per attached sheet
24. Dr. Tyndall can be reached at 814-574-1855
25. The office can be reached at 814-942-1166 anytime
26. If you experience an emergency go to the ER or call 911