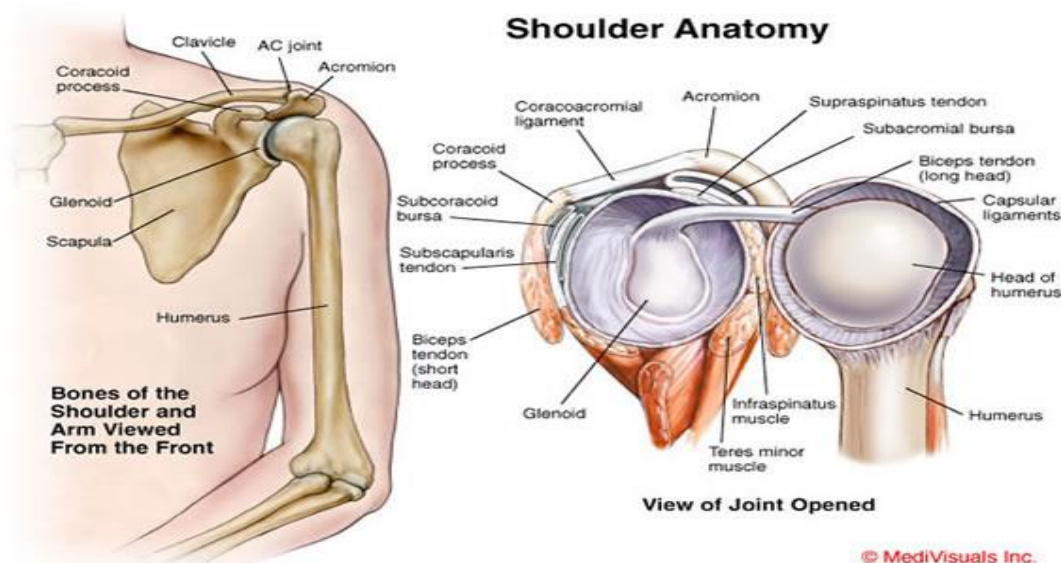


My name is Jennifer Vanderbeck, and I am an Associate Professor in the Department of Orthopaedic Surgery at VCU Health in Richmond, Virginia. I am a Board Certified orthopaedic surgeon dedicated to providing exceptional orthopaedic care for more than 13 years.

I completed undergraduate training at Rutgers University in the field of Biological Sciences followed by graduate training at Thomas Jefferson University with a Master of Science degree in Biomedical Chemistry. I am a graduate of the Sidney Kimmel Medical College and the Thomas Jefferson University Orthopaedic Residency program in Philadelphia. I completed post-residency Fellowship training in Shoulder & Elbow Surgery at The Rothman Institute.

I specialize in the diagnosis and treatment of disorders of the shoulder and elbow, including arthritis, rotator cuff injuries, work and sports injuries, dislocations and complex fractures. I perform total and partial joint replacements for the shoulder and elbow, reconstructive procedures and arthroscopy.

I look forward to having the opportunity to work with you, and to helping you achieve your best possible musculoskeletal health.



POST – OP INSTRUCTIONS

Shoulder Replacement

Wearing the immobilizer:

Wear the immobilizer for 4 weeks after surgery at all times - except for showering, changing clothes, or doing your exercises.

The immobilizer is best worn over your clothes for comfort.

Showering:

Remove dressing in 5 days. You may shower.

Leave open to air. If the incision is still draining, you may apply a dry dressing, but no ointments.

Exercises:

If you have an **anatomic** total shoulder, exercises are done by someone else (passive) for range of motion of your shoulder and elbow 3-4 times daily, starting the day after surgery. Formal physical therapy starts after your first post-op appointment (about 2 weeks after surgery)

If you had a **reverse** total shoulder, these exercises begin 2 weeks after surgery. Throughout the day, you may exercise your fingers and wrist as often as you like.

Call the doctor if:

You have a fever of 101.5 or higher. Keep in mind that you should do the deep breathing that they taught you in the hospital, as it will keep your lungs clear and your temperature down.

Do not smoke while you are recovering from surgery, as this delays healing.

Call if you have excessive bleeding/drainage from your incision.

Call if your incision becomes red, hot, or splits apart.

**It is normal to have swelling after surgery from the shoulder down the arm, especially around the upper arm, even down to the hand.*

Dressing:

Wear clothes and shoes that are easy to get on and off. Shirts that button up the front, place affected arm in first, and take out the affected arm last. Fasten your bra in the front, then slide the bra around.

Pain Control:

Please take all pain medication as directed. Do not take more than directed. Taking too much pain medication may be harmful to you.

The prescription you are given at discharge should last until your first post-op appointment, 2 weeks after surgery.

Take pain medication before the pain becomes severe.

You can decrease pain by decreasing the swelling. Use ice and lay down on the opposite side, to get your operative shoulder up above your heart.

**You can also decrease pain with meditation, distraction, or guided imagery. Try reading a book or listening to soothing music. These techniques are proven to be effective for pain management.*

Therapy:

Outpatient therapy will start 2 weeks after surgery. You will get a prescription for therapy at your first post-op visit.

A supervised program of therapy is essential in your recovery. Just because your therapist moves your shoulder in a certain way, does not mean that you can do the same thing. You may not move your shoulder at all, except for doing exercises.

Driving:

Do not drive while taking pain medication or while in the immobilizer. After the immobilizer has been discontinued, you may drive if you feel comfortable driving.

Security Issues:

Since 09/11, there has been an increase in security, both in airports and government buildings. You may, or may not, set off the alarms when going through security checks. They will use the wand, make you empty your pockets, etc. You will simply need to follow their instructions. Please be patient, keeping in mind that they are protecting our national security.

Appointments:

Your first post-op appointment will be about 2 weeks after surgery. This date will be on your discharge papers. If you need to change this appointment, please call the office.

Your second post-op appointment will be about 6 weeks after surgery.

Important numbers:

After-hours doctor paging: 804-828-0951 - for urgent/emergent calls

Appointment line: 804-828-7069

Office: 804-828-5567 -general questions, appointments, insurance issues, paperwork, directions, etc.

Nurse: 804-828-1994 (please leave a complete message, including your name, date of birth, and best phone number to return a call; as I am not usually in the office, but in clinic with the doctor) - medical questions or concerns

Fax: 804-828-4762