

Total Shoulder Replacement



SURGICAL EDUCATION



Hospital Stay



- It is usually a 1 day hospital stay
 - The majority of our patients go straight home the day after surgery without needing skilled nursing care or home health care
 - It is helpful to arrange help from family/friends for the first week after surgery
- You will get up with physical therapy on the day of surgery
 - They will make sure that you can walk safely and perform your exercises
- You will see occupational therapy on the day after your surgery
 - They will teach you how to dress and bathe with your limitations as well as how to put on and remove the immobilizer

Hospital Stay, cont.



- You will come out of surgery with a shoulder immobilizer similar to this
- It should be worn at all times except when bathing and performing your allowed exercises unless otherwise directed by your surgeon



Management after Discharge



- Make sure to take your pain medication as directed by your surgeon
 - Stool softeners are helpful as pain medication may cause constipation
- You will be given instructions from the nursing and therapy staff at discharge for:
 - Pain management
 - Instructions for when and how to change your bandages/dressings
 - When and how you may shower
 - Which exercises you are allowed to do

After Discharge



- Once you are home it is important to do the following:
 - Continue to take pain medications regularly as instructed by your physician
 - Ice regularly (15 minutes on and 15 minutes off)
 - Do your exercises 2-3 times a day
- You will have a follow up appointment with your surgeon 7-14 days after your surgery
 - At this point they will discuss outpatient physical therapy with you

Activity



- You will only be allowed to do passive range of motion or active assisted range of motion for the first 6 weeks (depending on your surgeon)
 - This means that you cannot actively lift your arm without assistance
- You will not be allowed to put weight through your shoulder or lean on your hand for 6 weeks
- You will not allowed to lift anything heavier than a coffee cup for 6 weeks

Activity, cont.



- You will be allowed to do gentle range of motion at your elbow, wrist, and hand
 - You will receive instruction on these exercises from the therapists prior to discharge from the hospital
- You will be allowed to start strengthening with your outpatient physical therapist 4-6 weeks after surgery (depending on your surgeon)