

TOTAL SHOULDER REPLACEMENT

Preparing our patients for surgery at NNMC



Northern Nevada
MEDICAL CENTER

Your Hospital Stay

at Northern Nevada Medical Center

- **Average One-Day Stay**

- The majority of our patients go straight home the day after surgery without needing skilled nursing or home health care.
- It is helpful to arrange help from family/friends for the first week after surgery.

- **Physical Therapy Begins on Day One**

- Our team will make sure you can walk safely and perform exercises specific to your needs.

- **Occupational Therapy Begins on Day Two**

- Our team will teach you how to dress and bathe with your limitations, in addition to learning how to put on and remove the immobilizer.

Your Hospital Stay Cont.'

at Northern Nevada Medical Center

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



Management After Discharge

Take pain medication as directed by our surgeon

- Stool softeners are helpful as pain medication may cause constipation.

Discharge instructions from nursing and therapy staff include:

- Pain Management
- Instructions for when and how to change your bandages/dressings
- When and how to shower
- Which exercises are allowed and safe



After Discharge

When you arrive home, it's important to do the following:

- Continue taking pain medications regularly as instructed by your physician
- Ice regularly (15 minutes on, 15 minutes off)
- Do your exercises 2 to 3 times each day

Follow-up with your surgeon will take place 7-14 days after surgery

- At this time, we will discuss outpatient physical therapy with you



Activity & Range of Motion

Guidance from your care team



- **You will only be allowed to do passive range of motion or active assisted range of motion for the first six weeks (depending on your surgeon).**
 - This means 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 six weeks.**
- **You will not be allowed to lift anything heavier than a coffee cup for six weeks.**

Activity & Range of Motion

Guidance from your care team



- **You will be allowed to do gentle range of motion at your elbow, wrist or hand**
 - You will receive instruction on these exercise 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).**

*Thank you for trusting our
team with your care.*



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