



## Total/Reverse Total Shoulder Replacement Surgery

What is total shoulder replacement surgery?

- In shoulder replacement surgery, the arthritic parts of the shoulder are removed and replaced with artificial components, called prosthesis. The treatment options are either replacement of just the ball (head of the humerus bone), or replacement of both the ball and the socket (glenoid).
- After surgery and physical therapy, you will probably have less pain and more strength in your shoulder. You should be able to lift and rotate your arm better. Some people have to avoid lifting heavy objects.
- When you can work depends on the work you do.

What is reverse total shoulder replacement surgery?

- Another type of shoulder replacement is called reverse total shoulder replacement. Reverse total shoulder replacement is used for people who have:
  - Completely torn rotator cuffs with severe arm weakness
  - The effects of severe arthritis and rotator cuff tearing (cuff tear arthropathy)
  - Had a previous shoulder replacement that failed
- For these individuals, a conventional total shoulder replacement can still leave them with pain. They may also be unable to lift their arm up past a 90-degree angle. Not being able to lift one's arm away from the side can be severely debilitating.
- In reverse total shoulder replacement, the socket and metal ball are switched. That means a metal ball is attached to the shoulder bone and a plastic socket is attached to the upper arm bone. This allows the patient to use the deltoid muscle instead of the torn rotator cuff to lift the arm.

What happens on the day of surgery?

- Surgery will take approximately 2 hours.
- You will have a large bandage on your shoulder and be wearing a sling in recovery.
- You will likely be able to go home the day after surgery.

Immediate Post Op:

- Limit activity for 24 hours.
- Be sure you have someone to drive you home and stay with you for 24 hours.
- Do not drive until instructed to do so.
- If you had general anesthesia, a sore throat may be experienced. Drink cold fluids, chew ice chips, or use throat lozenges to help relieve discomfort
- You may increase your activity as tolerated.
- Use ice packs one hour on/one hour off, especially for the first 24-48 hours.

Interscalene Block:

- You may receive an interscalene block to help with pain control after surgery. A block is an injection completed by anesthesiology that “blocks” the nerves in your arm that are responsible for sensation and movement. This will result in weakness of your arm.

- Your breathing may feel more labored for up to 12 hours after surgery as a result of this. You may have a hoarse voice or droopy eyelid for several hours. With any nerve block, you can expect mild discomfort, swelling and bruising at the site of your injection. Please use cold compresses as necessary for comfort. Be very careful of your arm until sensation returns to normal.

#### Your Recovery:

- Your hand and arm may be swollen. This is normal and will improve in a few days. Sleep with your head and chest propped up in bed or in a recliner if more comfortable than your bed.
- Wear sling for 4 weeks or until instructed to do otherwise by the physician or nurse practitioner.
- Perform gripping, wrist and elbow motion exercises every hour. Perform pendulum exercises 3-4 times a day. A pendulum exercise is done by lowering your arm to your side, bending slightly, and rotating your arm in a circular motion. It is okay to discontinue the immobilizer for this activity only. Return to your sling one exercise complete.
- Do not lift any weight with affected arm. Do not attempt to reach up or out with your arm.
- You may take off the dressing in 3 days. Apply adhesive bandage over wounds and change daily if drainage. Otherwise it is ok to keep incision open to air.
- You may shower in 3 days once the dressing has been removed. Wash with antibacterial soap and water, pat dry. No tub baths or whirlpools until sutures or staples are removed.
- Staples or stitches will be removed at the first post operative visit 7-10 days after surgery. Please make sure you have a follow up appointment scheduled.
- Take medicine as directed.
- If you smoke, we strongly encourage you to stop. Smoking slows your body's ability to heal.

#### Long Term Treatment:

- Physical therapy may be utilized at least 1-3 times per week for up to 3-6 months. The first month will emphasize full assisted motion (passive) and in 2 months, more active motion. By 3 months, heavier weights can be used. An individualized plan will be discussed at your first post-operative office visit. Do not advance your activities with your surgical arm until released to do so.

#### Call the doctor if:

- Pain does not get better after taking pain medicine
- Inability to urinate
- Loose stitches or incision comes open
- Incision bleeds through large bandage
- Increased sign of infection: pain, swelling, warmth, redness, drainage, red streaks from incision fever, chills
- **IF YOU EXPERIENCE CHEST PAIN AND/OR DIFFICULTY BREATHING, CALL 911.**