

WHAT IS A TOTAL SHOULDER REPLACEMENT?

Total shoulder replacement, also known as total shoulder arthroplasty (TSA), is a tremendously successful procedure for treating the severe pain and stiffness that often result at the end stage of various forms of arthritis or degenerative joint disease of the shoulder joint. The primary goal of a shoulder replacement surgery is pain relief, with a secondary benefit of restoring motion, strength, and function.

PREPARING FOR SURGERY

- Take a shower three consecutive days prior to surgery and the morning of your surgery using Hibiclens (antibacterial soap).
- Do not shave the surgical area and do not wear any make-up, jewelry, lipstick, nail polish, or fake fingernails.
- Do not eat or drink anything after midnight. You will be informed of which medications to take right up until your surgery by pre-admission testing.

BRING A HOSPITAL BAG CONTAINING:

- Good non-skid walking shoes.
- A loose-fitting sweat suit, jogging suit or shorts (something you will be able to put on using one arm).
- Personal care items such as a hair brush, denture case, eyeglasses case, contact lens case, hearing aid case.



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THE MORNING OF YOUR SURGERY

Before leaving home, take any medications you have been instructed to take with a small sip of water.

When you arrive on the day of your surgery, go directly to the Patient Service Center. The front desk of the Main Lobby can assist you with directions.

SURGERY TIME

A procedure time has been assigned to each patient depending on their anticipated needs. At times, situations arise beyond our control and the expected surgery time may be adjusted. You will be notified and every effort will be made to respect you and your families' time.

RECOVERY AFTER SURGERY

- Pain pills will be given to you, please follow the instructions your doctor or nurse went over with you about your prescribed medications.
- It is normal to have pain after surgery; however, we work hard to make sure you are comfortable. You will be asked frequently to rate your pain and our team will do everything possible to ensure appropriate pain relief. You will be given a prescription at discharge for your pain medication.
- You will have a dressing and sling applied to your surgical area. Your doctor will instruct the nurse regarding dressing changes or sling removal.
- Ice will be applied to your surgical area for 24-48 hours post operatively.

- You may have oxygen for 24 hours after surgery. You will be asked to breathe deeply and cough. These simple but important breathing exercises are to prevent problems with your lungs following surgery.
- An Occupational Therapist will see you after surgery to go over dressing techniques, adaptive equipment recommendations, exercise and restrictions requested by your surgeon.

DIET

You may resume your normal diet shortly after surgery and once you feel up to it. Go to www.choosemyplate.gov for nutritional tips to help promote healing.

AFTER YOU ARE DISCHARGED:

- Do not drive after surgery until approved by your orthopedic surgeon.
- You can return to work as instruction by your doctor.
- You are not alone. McLaren's Joint and Spine Center team is always available should you have questions/concerns regarding the surgery. Contact our team at (810) 342-5505.
- Most shoulder replacement patients will go home from the hospital the day after surgery.
- After arriving home from the hospital it is recommended someone stay with you. Some patients will continue to need assistance for several days after their surgery.