



Postoperative Instructions for Total Shoulder or Reverse Total Shoulder Arthroplasty

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AFTER SURGERY:

- You will be in the hospital for 1-3 days after surgery for pain control.
- Upon discharge, you will be sent home with prescriptions for pain medications.
- Remember, these are narcotic medications and refills require a handwritten prescription so plan accordingly.
- These are unable to be refilled after normal office hours.
- Continue to use ice as much as possible for pain.
- It is very normal to have swelling and bruising in your shoulder and extending down to your hand and fingers due to gravity.

10-14 DAYS POST-OP:

- You will have your first office visit.
- If you have non-absorbable sutures or staples, they will be removed at this visit and xrays will be taken.
- You will review postoperative instructions and expectations and be given the opportunity to ask questions.
- You will be allowed to wean from the sling as tolerated as your pain improves, but may wish to continue to use it intermittently for fatigue or soreness for a week or two.
- If you had a reverse total shoulder arthroplasty, you will begin physical therapy to start to regain range of motion.
- A total shoulder arthroplasty patient will not begin therapy until approximately 4 weeks postoperatively to allow a few more of the tendons and muscles to heal.
- Also remember that because you have metal in a joint, you now must take pre-dental antibiotics for lifetime use. You will receive a prescription for this at this visit.
- Future refills may come from either our office or your dentist, depending on your dentists' preference.
- We recommend you avoid making a routine dental appointment until at least 3 months after this surgery.

6 WEEKS POST-OP:

- You will have another office visit with xrays.
- You will most likely be out of the sling by this time and easily moving the arm on your own.
- However, it is normal to still be sore and have limited range of motion yet.
- You will still be weak, and should not try to lift anything heavier than a glass of water or a plate of food, outside of physical therapy.
- Our goal is to have you off all narcotics by 6-8 weeks after surgery

3 MONTHS POST-OP:

- You will have another office visit with xrays.
- You will likely be done with physical therapy but are encouraged to continue with your home exercises to further improve your range of motion and strength.

6 MONTHS POST-OP:

- You will have another office visit with xrays.
- If things have progressed as expected, you will likely be able to resume all activities as tolerated.

1 YEAR POST-OP:

- You will have another office visit with xrays.
- You will be back to most of your normal activities by now.
- Remember that the goal of this surgery is pain control and improved function for your daily activities.
- It is not expected for you to achieve 100% normal range of motion or strength.
- In order to limit early wear and to decrease the risk of future dislocation, the manufacturer recommends a lifetime limit of lifting no more than 25 pounds with the affected arm.