

WHAT TO EXPECT AFTER TOTAL SHOULDER REPLACEMENT

After your surgery, you will have prosthetic components which are susceptible to mechanical loosening or dislocation. Therefore, it is important to adhere to postop instructions and to return to the clinic at the designated time points. These follow-ups are usually at 2 weeks, 6 weeks, 3 months, 6 months, and 1 year after surgery. Also, we would like to see you every year for routine surveillance of the prosthesis. You should not engage in heavy manual labor for the lifetime of the prosthesis, and do not lift more than 15 pounds overhead. No bench press, pushups or contact sports. You will be able to swim, play tennis, golf and other light activities.

When can I shower after surgery?

You can shower 1 week after surgery. To shower you should remove the sling, allow the surgical arm to dangle down and then forward to clean under the arm with your opposite hand. No dressings are needed over the wound. The wound is covered by Steri-Strips and those should be left in place, undisturbed after you have removed the bulky postoperative dressings. The soonest these dressings can be removed is 3 days after surgery.

How long do I have to wear the sling?

You should wear the sling 90% of the day for the first 6 weeks after surgery to protect the deep muscle layer repair. This is critical for healing and this protects against dislocation of the prosthesis. You should also be sleeping in the sling for the first 6 weeks after surgery.

During the first 6 weeks, you can come out of the sling to type on a computer, turn the pages of a book, or to feed yourself. However, no active motion of the shoulder, such as reaching outwards or upwards, is allowed. For example: no motion as in washing her hair, doing laundry, washing dishes, lifting pots to cook or cleaning a window with the arm is allowed for 6 weeks. You should not drive a car while wearing the sling.

Time to recovery:

Time of work usually is between 2 weeks to 5 months, depending on the nature job. No heavy lifting of more than 15 pounds is allowed in the first 5 months after surgery. You will not be allowed to lift greater than 15 pounds overhead permanently. Generally, pain should be resolved by 3-6 months after surgery, and your ability to reach vertically overhead is usually achieved by 6 months after surgery. Patient's continue to improve steadily with motion, strength and overall discomfort for up to one year after surgery.

Antibiotics after Total Shoulder Replacement

You will need to take prophylactic antibiotics before dental procedures, colonoscopies or other invasive procedures. This consists of **Amoxicillin 2 grams** one hour prior to procedure. If you have a penicillin allergy you should take **Cipro 750 mg** one hour prior to procedure. Your dentist or your surgeon can prescribe this. You can call the office if you have questions about antibiotic therapy following your surgery.

