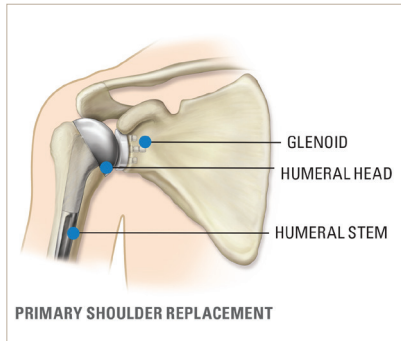
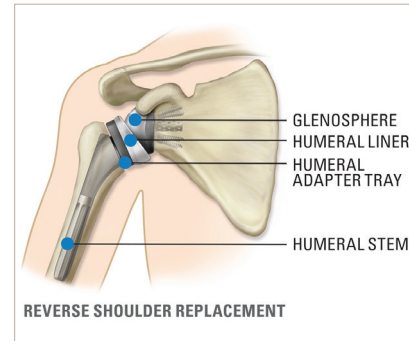


## About Your Shoulder Replacement Surgery



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**Shoulder replacement surgery** is done to replace the worn out or damaged parts of the shoulder. Patients who have shoulder surgery can expect increased movement and mobility, as well as lessened pain.

We ask our patients to tell us their pain levels before surgery and after recovering from shoulder replacement surgery. Using a pain rating scale, the patients tell us the amount of pain that they are feeling. Our pain rating scale: 0 = no pain, 10 = the worst pain.

- Before having shoulder surgery, most patients say that their pain level is a 5.
- 3 months after recovering from surgery, most patients say that their pain level is a 1.

Someone may decide to have shoulder replacement surgery if they are experiencing any of the following:

- Severe pain that interferes with daily activities, like getting dressed and reaching above your head.
- Severe pain that keeps you awake at night when trying to sleep.
- Severe pain that is not lessened with conservative treatment options (NSAIDs, cortisone injections, physical therapy).
- Loss of range of motion or strength in the shoulder.

## Risks

There are risks to consider for any type of surgery. Your surgeon will talk with you about the risks of this surgery before it has been scheduled. You will be asked to sign a consent form before you have surgery.

## Getting ready

Read your PREP planner for medicine instructions and instructions about when to stop eating and drinking before surgery. Review the section in the Getting Ready for Your Joint Replacement Surgery booklet titled ‘The Night Before and Day of Surgery’ for more specific instructions. Call us at 207-773-0040 if you have any questions.

## The procedure

The procedure usually takes about 1-2 hours. Members of your care team in the operating room will include: your surgeon, a physician assistant and/or nurse practitioner, nurses, anesthesiologist, nurse anesthetist, and a certified surgical technician.

During the surgery, the surgeon will make a 4-5 inch cut (incision). Depending on if you are having a standard shoulder replacement or a reverse shoulder replacement, the surgeon will do the following:

### Metal Stem

The surgeon will remove the worn-out ball of your shoulder. Once the ball is removed, the surgeon will place a metal stem in the hollow canal of your arm bone. The surgeon may use cement to hold the stem in place.

### Socket

The socket is usually held in place with screws or cement.

- If you are having a standard shoulder replacement: a plastic socket will be cemented in place over the bone of your socket.
- If you are having a reverse shoulder replacement: a metal ball will be put in place over your socket.

### Metal Ball

Once the new socket is in place, the other half of your shoulder replacement is attached to the stem in your arm bone.

- If you are having a standard shoulder replacement: a metal ball will be attached.
- If you are having a reverse shoulder replacement: a base plate and a plastic socket will be used.

## Interscalene nerve block

The surgeon will use general anesthesia and an interscalene nerve block during your surgery. The nerve block will numb your arm and shoulder for up to 24-96 hours after surgery. As a result, you may not need to use as much (or any) opioid pain medicine while you recover from surgery.

### Benefits of using interscalene nerve block:

- Feeling less nauseas after surgery
- Lower pain levels
- Many patients are able to be discharged sooner

### Side effects of interscalene nerve block:

Side effects from the interscalene nerve block may include:

- Weakness or numbness
- Shortness of breath
- Blurred vision
- Hoarse or soft voice
- Difficulty swallowing
- Nerve sensitivity

These side effects are normal for up to 4 days after surgery. If weakness or numbness lasts for more than 96 hours after surgery, call your surgeon's office.

### Regaining feeling in your arm

Your arm will be completely numb and unusable for about 24 hours after surgery.

- During this time, be extra cautious to avoid touching extremely hot or cold surfaces. You will not be able to feel the extreme temperature and may seriously injure yourself.
- You will feel a tingling sensation as you regain feeling in your arm and hand. This is normal.
- Follow the instructions for pain medicine as directed by your surgeon.

## Frequently Asked Questions

### How long is my shoulder replacement expected to last?

Most patients can expect their shoulder replacement to last 15 – 20 years or longer, depending on your health, lifestyle, and activity level. Talk to your surgeon about how long you can expect your shoulder replacement to last.

### How long is the recovery time?

Recovery time is different for each patient. Most patients will see a noticeable improvement in their shoulder strength and function within the first few months after surgery. Full healing can be expected around 1 year after surgery.

### Will I have physical therapy before surgery?

Your surgeon may prescribe exercises or physical therapy for you to do before surgery that help strengthen the muscles around your shoulder. A physical therapist can also help you learn how to use assistive medical equipment while you recover. Your care team will tell you if this is needed.

### What exercises can I do before surgery?

Please refer to the exercise handout in your folder or ask your physical therapist.

### Will I have physical therapy after surgery?

Physical therapy is a very important part of recovering from shoulder surgery. We recommend that patients go to their first post-operative physical therapy appointment within 10-14 days after surgery.

Please ask your orthopedic care team for a prescription for outpatient therapy and schedule this appointment with the therapist of your choice prior to surgery.

### What services will I need at home?

Your surgeon and care team will help you decide if you will need any services at home. The plan will be based on your needs after surgery. This may include physical therapy or occupational therapy. A nurse care manager will help you with the referral process if home support is recommended.

#### Important Information



#### Forms to file with your employer before surgery

#### You may need to submit one or more of the following forms:

- Leave of absence
- Short term disability
- FMLA (Family and Medical Leave Act)

Ask your employer to send the paperwork to our office before your surgery date, along with your signed Release of Information consent form.

Office fax: 207-661-4630

## **When can I drive?**

You will not be able to drive yourself for at least 6 weeks after surgery. Do not drive until you are cleared to do so by your surgeon's office.

## **When can I go back to work?**

This answer is different for everyone. Most people can go back to work within 12 weeks after surgery. This may be slightly different for you. Some people are able to go back to work as soon as 2 weeks after surgery. Your surgeon will tell you when you have healed enough to safely go back to work, based on your job demands.

Ask your employer if you will need a written Return to Work note from your surgeon's office. Depending on your job, there may be some restrictions that you need to follow at work as you continue to heal.

## **Can the metal implants set off metal detectors?**

Yes. If you have a metal implant in your shoulder, it may set off metal detectors. Ask our office to give you an info card that shows that you have had this surgery. Keep the card in your wallet, especially when traveling.

### **For More Information**

**Maine Medical Partners Orthopedics & Sports Medicine  
119 Gannett Drive, South Portland, ME 04106  
207-773-0040**

**Please call us if you have any questions or concerns.  
We are here to help you have a safe and successful surgery.**

**Office hours: Monday – Friday, 8 a.m-4:30 pm.  
<http://mainemedicalpartners.org/joint-replacement-edu>**

