

General Information (Applicable to All)

- **Preparing for Surgery:**

- Stop taking certain medications (e.g., blood thinners) as advised by the surgeon.
- Shower with a special antibacterial soap (e.g., Hibiclens/CHG) as instructed.
- Arrange for help at home for the first few days/weeks.
- Prepare your home by removing trip hazards and placing frequently used items within easy reach.
- Arrange for transportation, as driving will be restricted.
- Wear loose-fitting, front-buttoning shirts for easier dressing after surgery.

- **Wound Care:**

- Keep the initial dressing clean and dry for the first few days as instructed by your surgeon (commonly 48-72 hours).
- Once permitted to shower, let the water run over the incisions; do not scrub them.
- Do not soak the wound in a bath, hot tub, or swimming pool for several weeks.
- A small amount of drainage or bruising is normal; call the office if there is increased drainage, foul odor, or increased pain.

- **Pain Management:**

- Use prescribed pain medications as directed. Taking them *before* pain becomes severe is often more effective.
- Utilize ice/cryotherapy devices frequently to control pain and swelling.
- Manage constipation from pain medication by staying hydrated and eating high-fiber foods.

- **When to Call the Doctor:**

- Uncontrolled pain or bleeding.
 - Numbness or tingling in the hand/fingers that persists.
 - Signs of infection (fever, redness, warmth, increased swelling).
 - Shortness of breath or chest pains (call 911).
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Arthroscopic Rotator Cuff Repair Handout

- **Procedure Overview:**

- Surgery is performed through small incisions using an arthroscope (camera).
- The goal is to reattach the torn tendon to the bone.

- **Post-Operative Care & Restrictions:**

- **Sling Use:** Wear the sling at all times (including while sleeping) for [insert your specific duration, e.g., 4 to 6] weeks, except when showering or performing prescribed exercises under a therapist's guidance.
- **Movement Precautions:** No active movement of the shoulder (moving the arm using your own muscles) for the initial recovery phase. Keep the elbow bent at a right angle, and do not lift any objects.
- **Sleeping:** Sleeping in a recliner or an inclined position may be more comfortable initially. Use a towel roll under the elbow for support when lying on your back.
- **Driving:** No driving while in the sling or on narcotic pain medication.

- **Rehabilitation:**

- Rehabilitation is crucial for a successful outcome. The timeline can be 6 months or more.
- **Physical Therapy:** Passive motion exercises will begin soon after surgery to prevent stiffness. Formal physical therapy will be scheduled.

Standard Total Shoulder Replacement Handout

- **Procedure Overview:**
 - The damaged ball (humeral head) is replaced with a metal ball and the socket (glenoid) with a plastic cup.
 - This procedure is typically for severe arthritis where the rotator cuff is intact.
- **Post-Operative Care & Restrictions:**
 - **Sling Use:** A sling will be worn for a period prescribed by the surgeon (typically 4-6 weeks).
 - **Movement Precautions:**
 - Do not lift anything with the operative arm.
 - Do not push or pull with the operative arm.
 - Avoid supporting your body weight with the operated arm.
 - Avoid reaching behind your back.
 - **Activities:** Discuss returning to work, driving, and specific sports with your surgeon.
- **Rehabilitation:**
 - Exercises begin while still in the hospital.
 - Physical therapy is essential for restoring motion and function.
 - Recovery often results in restoration of good range of motion, but high-impact activities should be avoided long-term.

Reverse Total Shoulder Replacement Handout

- **Procedure Overview:**

- The traditional ball and socket are reversed: a metal ball is attached to the shoulder blade, and a plastic socket is attached to the upper arm bone.
- This surgery is often used for patients with cuff tear arthropathy (arthritis with a non-repairable rotator cuff tear), as it relies on the deltoid muscle to move the arm instead of the rotator cuff.
- **Post-Operative Care & Restrictions:**
 - **Sling Use:** Wear a sling or immobilizer for [insert specific duration, e.g., 4 to 6] weeks.
 - **Movement Precautions:**
 - No active range of motion (using your own muscles to move the arm).
 - Do not push up from a chair using the operated arm.
 - Always keep your elbow visible when lying on your back (to avoid hyperextension).
 - **Activities:** Plan for assistance with daily tasks for up to 6 weeks.
- **Rehabilitation:**
 - Gentle passive exercises are started soon after surgery.
 - Physical therapy is critical, with progression of exercises guided by your surgeon and therapist.
 - While range of motion improves greatly, some limits at end ranges may persist.