

Shoulder Surgery

Shoulder Arthroscopy involves looking inside the shoulder joint with an arthroscope, which is a slender instrument that contains a lens and a light source. Repairs can be made to worn or injured shoulder joints through the arthroscope. A common injury involves the rotator cuff, which is a powerful team of muscles and connecting tendons. Occasionally the surgeon must make a larger incision to make the repair.

Total Shoulder Replacement involves replacing both the ball and the socket of the shoulder with an artificial joint, called a prosthesis.

Before the day of surgery:

- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.

On the day of surgery:

- You will need to arrive 2-3 hours before surgery. A nurse will interview you, start an IV and answer any questions you have.
- Interscalene blocks are used pre-operation or in surgery to block pain in your shoulder. Your surgeon will discuss this with you.

Diet

- Clear liquids advancing to a regular diet.

Medications

- Pain medications will be administered to keep you comfortable. Take with food to avoid stomach upset. Discomfort varies among patients.
- Resume all medications as taken before the surgery unless otherwise instructed by your doctor.

Activities and restrictions

- Continue to walk and increase activity daily.
- Continue to open/close hand and bend wrist.
- Do not reach, push, pull or lift after operation.
- Keep immobilizer or sling in place as instructed.
- Release the wrist strap of immobilizer or sling to move elbow hourly. Keep upper arm close to your body while doing this.
- Perform exercises as instructed by your doctor or physical therapist.
- Sleeping upright on pillows or in a recliner may be helpful for several days after surgery.

Wound care

- You will receive instructions from your doctor on wound care and when you may resume bathing/showering.
- You may wear support stockings for as long as instructed by your doctor. They may be machine-laundered.
- May use ice as directed per surgeon

Reasons to contact your physician

- Excessive redness, swelling, drainage (pus) or foul odor from your incision
- Temperature elevation over 101 degrees
- Leg swelling, calf tenderness or increased leg pain
- Discomfort not controlled by medication
- Chest pain, shortness of breath or breathing problems
- Burning, frequent or difficult urination
- Any other questions or concerns