

## WHAT TO EXPECT AFTER TOTAL SHOULDER REPLACEMENT

After your surgery, you will have prosthetic components which may be susceptible to mechanical loosening or dislocation as you recover. Therefore, it is important to adhere to postop restrictions. Follow-up appointments are usually at 2 weeks, 3 months, 6 months, 12 months, and 2 years after surgery. You should not engage in heavy manual labor for the lifetime of the prosthesis. No bench press, pushups, contact sports or downward dog in yoga. You will be able to swim, play tennis or golf, ride a bike and perform nearly all other activities.

### **When can I shower after surgery?**

You can shower 2 days after surgery **BUT YOUR SHOULDER DRESSING NEEDS TO REMAIN DRY AND YOUR INCISION COVERED**. This is important to prevent infection. To shower you should remove the sling, allow the surgical arm to dangle down and then lean forward to clean under the arm with your opposite hand. Avoid direct spray to the surgical shoulder. Hand sprays work best. After 7 days you may remove the dressing but leave the Steri-Strips alone. We will remove the Steri-Strips at the first clinic visit after surgery. Do not use your surgical arm to towel off or scrub with soap.

### **How long do I have to wear the sling?**

You should wear the sling 90% of the day for the first 5 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 5 weeks after surgery.

During the first 5 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 your hair, doing laundry, washing dishes, lifting pots to cook or cleaning a window with the arm is allowed for 5 weeks. ***No lifting more than a cup of coffee in the first 3 months after surgery.***

### **Time to recovery:**

Time off work usually is between 2 weeks to 4 months, depending on the nature of your job. No heavy lifting of more than 5 pounds is allowed in the first 5 months after surgery. 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 two years 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 **Clindamycin 600 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.

