

Shoulder Replacement Surgery

KEY POINTS

- Shoulder replacement surgery is a procedure done to remove a painful, broken, or arthritic shoulder joint and replace it with an artificial shoulder joint.
 - Ask your provider how long it will take to recover and how to take care of yourself at home.
 - Make sure you know what symptoms or problems you should watch for and what to do if you have them.
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What is a total shoulder replacement?

Shoulder replacement surgery is a procedure done to remove a painful, broken, or arthritic shoulder joint and replace it with an artificial shoulder joint. Sometimes all the parts of the joint need to be replaced and sometimes you need just part of the joint replaced.

Your shoulder is a ball-and-socket joint where the top of your arm bone meets the cup-shaped socket of your shoulder blade.

When is it used?

The surgery may be done when you have certain conditions that cause shoulder pain and limit your ability to do normal activities:

- Osteoarthritis, which is a disease in which the cushion in your joints (cartilage) breaks down, and the roughened cartilage or bone surfaces may grind against each other. It may be a long-term problem or happen after an injury to the joint.
- Avascular necrosis, which means that a reduced blood supply causes the bones in the joint to die and collapse, and you still have symptoms after treatment
- A broken bone that has not healed with treatment over time, called a nonunion or a malunion
- Rheumatoid arthritis, which is an autoimmune disease that affects the lining of your joints. Autoimmune means that your body's defenses against infection attack your body's own tissue.
- A tumor in the joint
- A break in the bones of the joint in three or more places that cannot be fixed with surgery
- A rotator cuff muscle tear that cannot be fixed with surgery or has not healed over time

Imaging tests, such as X-rays, MRI, or CT scan, may help show what is causing your pain. Imaging tests may show that you have:

- Abnormal bone-on-bone contact causing pain in the joint

- One or more broken bones that are newly broken or have not healed from a previous injury
- Less than the normal amount of space between bones in the joint
- Osteopenia, which means the bone is not as solid (dense) as it should be
- Bone spurs (osteophytes), fluid-filled cysts, and abnormal hardening in the bone (sclerosis) that cause pain because unusual shapes form on the bone near the joint and can press against nearby nerves, ligaments, tendons, and muscles
- Dead bone
- Collapse or subluxation (sublux) of the shoulder, which means that the ball of your upper arm bone slips partly out of the shoulder socket for a short time
- One or more large tears in the rotator cuff muscle that affect your ability to raise your arm normally

Symptoms may include:

- Your shoulder joint is painful or is not working well.
- Pain is worse during and after lifting, rotating the joint, or with any physical activity.
- Pain is worse when you start moving the joint.
- Pain keeps you from doing your normal activities.
- Pain is worse after not moving the joint.
- You have pain at night.
- You have swelling, stiffness, popping, crackling, or limited motion in the joint.
- You have weakness in muscles around the sore joint from lack of use.

For some conditions, you may need surgery when other treatments, such as changes in activities, physical therapy, and medicines, have not helped.

You cannot have shoulder replacement surgery if you have an active infection anywhere in your body.

Shoulder replacement should relieve the problems of a painful shoulder. After surgery you should be able to move your shoulder more easily and with less pain. It will be easier for you to do activities that use your shoulder. Most people return to normal activities.

Ask your healthcare provider about your choices for treatment and the risks.

How do I prepare for this procedure?

- Talk to your healthcare provider and to other people who have had the surgery. Knowing what to expect can help lessen anxiety about the surgery.
- Ask your healthcare provider about whether you may need blood transfusions during the surgery or during recovery. You may want to donate some of your own blood before the procedure.
- Your healthcare provider may prescribe medicine to prevent blood clots from forming during and after the procedure.

- Your healthcare provider will tell you when to stop eating and drinking before the procedure. This helps to keep you from vomiting during the procedure.
- Tell your healthcare provider if you have any food, medicine, or other allergies such as latex.
- Follow your provider's instructions about not smoking before and after the procedure. People who smoke may have more breathing problems during the procedure and heal more slowly. It's best to quit 6 to 8 weeks before surgery.
- You may or may not need to take your regular medicines the day of the procedure. Tell your healthcare provider about all medicines and supplements you take. Some products may increase your risk of side effects. Ask your healthcare provider if you need to avoid taking any medicine or supplements before the procedure.
- Follow any other instructions your healthcare provider gives you.
- Ask any questions you have before the procedure. You should understand what your healthcare provider is going to do. You have the right to make decisions about your healthcare and to give permission for any tests or procedures.

This surgery is usually an inpatient procedure, which means that you will be in the hospital for one or more days. Talk to your healthcare provider about where you will have your surgery.

- Make plans for your care and recovery after you have the procedure. Find someone to give you a ride home when you leave the hospital. Plan to have a caregiver at home to help you until you can take care of yourself.
- Discuss pain control with your healthcare provider including medicine, cold therapy, and activity.
- You may meet with a physical therapist before surgery to learn exercises that will help you after surgery. If you can, increase your arm motions and general exercise before surgery. The more fit you are, the easier time it will be to recover from the surgery. Stay physically active as advised by your healthcare provider and therapist.

In general, younger, healthier people who are in good physical condition may go home sooner if pain and nausea are well controlled. You may need more time in the hospital if you have long-term heart, lung, liver, or kidney problems or other conditions such as diabetes.

If you and your healthcare provider think you might need extra help with recovery, you may first go to a rehabilitation (rehab) center before returning to your home. Deciding if a rehab center is needed depends on your fitness, your general health, your ability to do physical activities safely, and whether you have help at home.

What happens after the procedure?

After surgery, your shoulder will be covered with a padded dressing. Your healthcare provider may put your arm in a sling to keep it still. Special boots or support stockings will be put on your feet or legs to help prevent blood clots. You may also need medicine to help prevent blood clots. You will be given medicine to help control pain.

You will usually start physical therapy right away to help you learn to move around safely and to gain strength and movement as you heal. You will get instructions on what to do or not do as your shoulder heals.

The replacement shoulder is designed for usual day-to-day activities. You will need physical therapy for weeks to months after your surgery. Ask your healthcare provider to suggest physical activities that are safe for you.

Constipation is common after joint replacement surgery. It is often caused by narcotic pain killers as well as inactivity. You may be given a stool softener and a laxative after surgery to avoid this. As soon as possible, start to eat a variety of healthy foods that include those high in fiber, and drink plenty of liquids as advised by your provider.

Ask your healthcare provider:

- How long it will take to recover
- If there are activities you should avoid and when you can return to normal activities
- How to take care of yourself at home
- What symptoms or problems you should watch for and what to do if you have them

Make sure you know when you should come back for a checkup.

Let all your healthcare providers, including your dentist, know that you have an artificial joint. If you get an infection, such as a gum, sinus, bladder, or skin infection, the infection should be treated right away. If you have a procedure, such as deep cleaning for tooth and gum problems, or sinus surgery for infections, talk to your provider about taking preventive antibiotic medicine to protect your new joint.

What are the risks of this procedure?

Every procedure or treatment has risks. Some possible risks of this procedure include:

- You may have problems with anesthesia.
- You may have an infection, bleeding, or blood clots.
- Other parts of your body may be injured during the procedure.

Ask your healthcare provider how these risks apply to you. Be sure to discuss any other questions or concerns that you may have.

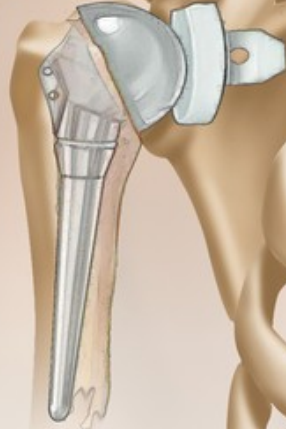
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Shoulder Replacement Surgery



Your healthcare provider will make a cut over your shoulder and remove damaged bone. A metal or plastic artificial joint will be attached to the healthy bone.

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