

# SHOULDER REPLACEMENT

## Your Guide to Recovery and Long-Term Shoulder Health

The goal of total shoulder or reverse total shoulder replacement is to regain a relatively pain-free, functional shoulder. Although you will continue to see improvements for two years, the majority of the recovery happens within the first 2–3 months.

**The right rehab, done consistently, helps reduce pain, restore function and strength, and help prevent future injury.**



### WE TAKE A PERSONALIZED APPROACH

Every shoulder and every patient is different. Dr. Linehan tailors your rehab program to your specific diagnosis, goals, and lifestyle—so you can get back to doing what matters most.



### BEFORE SURGERY

- The procedure itself usually takes about 45 minutes, but plan to be at the hospital for approximately half a day.
- Pre-operative laboratory testing will be ordered when your surgery is scheduled.
- Starting 1 week before surgery, shower daily using chlorhexidine body wash.
- Starting 5 days before surgery (unless medically contraindicated):
  - Tylenol (Acetaminophen) 1000 mg three times daily
  - Celebrex (Celecoxib) 200 mg twice daily
- Stop blood thinners, supplements that thin the blood, and GLP-1 medications 1 week before surgery unless otherwise instructed.
- The morning of surgery, you may have a few sips of water only. Do not eat or drink anything else.



### DAY OF SURGERY

You will meet your anesthesia provider in the pre-operative area. A nerve block will be performed to help control pain. This typically lasts approximately 3 days and will temporarily numb the arm and weaken muscle function.



### AFTER SURGERY

- Your incision will be covered with a waterproof dressing.
- You may shower whenever comfortable.
- The dressing typically stays in place for about 2 weeks until your follow-up appointment.
- No special wound care is required.



### PAIN MANAGEMENT

- A small prescription for narcotic pain medication is provided after surgery, typically oxycodone 5 mg.
- If needed, the tablet may be cut in half.
- Ice is very helpful for the first 2 weeks after surgery.
- Use gel packs or ice 3–5 times daily.



### SLING & ACTIVITY RESTRICTIONS

#### First Month:

- Wear the sling at night and whenever out of the house.
- You may gently use your arm indoors for light seated activities after the nerve block wears off.
- No lifting more than 1 pound.
- Do not reach behind your back for the first 3 months.

#### Months 2–3:

- Sling may be discontinued.
- No lifting more than 5 pounds.

#### After 3 Months:

- You may begin reaching behind your back again.
- Lifetime lifting restriction: no more than 25 pounds with the operative arm.



### HOME EXERCISES

Most patients do not require formal physical therapy. Immediately after surgery, begin:

- Table slides forward
- Table slides to the side
- Hands-on-hip exercises

Stretch for 5 minutes, 5 times daily. Additional stretches will be added at your follow-up visits.

A detailed home exercise protocol can be found at [www.DrLinehan.com](http://www.DrLinehan.com).



### CALL THE OFFICE IF YOU EXPERIENCE

- Fever over 101.5°F
- Increasing redness or drainage from the incision
- Severe swelling
- Chest pain or shortness of breath
- Uncontrolled pain
- Any concerns about your recovery

### WHEN TO CONTACT YOUR CARE TEAM

- ✓ Increased pain or swelling
- ✓ Loss of motion or function
- ✓ Questions about your exercises or restrictions
- ✓ Any concerns about your recovery



We're here to support you every step of the way. Don't hesitate to reach out!