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Anatomic/Reverse Total Shoulder Arthroplasty - Frequently Asked Questions:

Q: How long will the surgery take?

A: The surgery will take about 1.5-2 hours, but expect to be away from your loved ones longer as it takes time to go to sleep, position you for surgery, and give you time to wake up and become alert in the recover area.

Q: Will I need a ride to and from the hospital?

A: Yes. Please coordinate this prior to your scheduled surgery date. Ride sharing (Uber and Lyft) are unfortunately not acceptable/safe to take you home after surgery.

Q: What time will my surgery be?

A: You will get a call from a nurse at the hospital within the week prior to your scheduled surgery date to let you know what time your surgery is and exactly when to arrive at the hospital.

Q: What implant/prosthesis do you use and what is it made of?

A: We use the Don Joy Orthopedics (DJO) Altivate arthroplasty system. It is made out of titanium, cobalt chrome, and a Vitamin E impregnated polyethylene liner. If you have a metal allergy, please notify someone on the surgical team immediately.

Q: Will I need to stay in the hospital overnight?

A: Most patients will stay in the hospital for one night following this procedure to make sure their pain is well controlled, they are comfortable using the sling, and have met with a physical therapist. However, if you would like to go home the day of your surgery and avoid an overnight stay, this is an option.

Q: Do I need to have clearance by another doctor prior to this procedure?

A: Yes. We will help set up a PPS (Pre-Procedure Services) appointment with the anesthesiology team prior to your scheduled surgical date to make sure you are safe to undergo anesthesia. If you have other comorbidities that require you to see a specialist (cardiologist, pulmonologist, nephrologist, etc), we would like clearance from them, too, prior to this elective operation.

Q: What are the risks associated with surgery?

A: As with all surgery, there are risks of anesthesia complications, infection, damage to nerves and/or vessels, fracture, failure of the repair and need for further surgery. These risks are thankfully exceedingly low.

Q: Do I need to stop my Advil/Aleve/Aspirin prior to my surgery?

A: Yes. Please stop these medications 5-7 days prior to procedure. It is OK to take Tylenol for pain control up to the day of surgery.

Q: What if I am on a blood thinner medication?

A: Please coordinate with your prescribing provider a plan for your blood thinner medication for before/after surgery prior to your scheduled surgery date

Q: Do I need to apply anything to my shoulder before my surgery?

A: Yes. Please thoroughly wash your shoulder with antibiotic soap starting 3 days prior to your scheduled surgery. We would also like you to start applying BPO (Benzyl Peroxide) topical 5% antibiotic cream to the shoulder and armpit region twice daily for 2 days prior to surgery, plus on the morning of your surgery. We can send this prescription to your local pharmacy to be picked up one week prior to your surgical date.

Q: Will I need to take any antibiotics after the surgery?

A: We will give you another dose of antibiotics while in the hospital after your surgery. You will not go home with an addition prescription. Please notify the surgical team if you have an antibiotic allergy.

Q: After my surgery, will I need to take antibiotics after a dental procedure?

A: Yes! You will be required to take 2000mg of Amoxicillin 1 hour prior to your dental procedure. We recommend doing this indefinitely.

Q: What medication will I go home with after surgery?

A: You will be prescribed 3 medications. (1) Oxycodone 5mg is a short acting narcotic pain medication that will help with post-operative pain. (2) Zofran 4mg is an anti-nausea medication that will help with nausea associated with the pain medication. (3) Naprosyn 500mg is an anti-inflammatory that will help with pain and inflammation for 5 days post-op. We also recommend you take something for constipation as this is a very common side effect of Oxycodone.

Q: What if I am on chronic pain medication?

A: We do not manage chronic pain medication. Please set up a plan with your prescribing provider PRIOR to your scheduled surgery date to help manage post-operative pain. We are happy to help execute this plan for both your safety and adequate pain control.

Q: Will I be offered anything else for pain management after surgery?

A: Yes. The anesthesiologist will offer you a nerve block to help with post-operative pain. This can provide relief for about 12-24 hours after surgery. In addition, ice will help with pain and swelling after surgery.

Q: Do I need to be in a sling?

A: Yes. The sling will be required for 6 weeks after surgery. You will be allowed to take it off to shower, get dressed, and for physical therapy, but otherwise you will need to keep this on.

Q: When does physical therapy start?

A: Physical therapy will start 3-5 days after surgery. Please set up your post-op PT prior to your scheduled surgery date.

Q: What about sleeping after surgery?

A: Sleeping is the most challenging part of the recovery. Most patients find comfort sleeping in a Lay-Z-Boy or BarcaLounger type chair. If you do not have access to these chairs, laying in bed with multiple pillows propping you up seems to help.

Q: Will I have to come see you again after surgery?

A: Yes. You will have 5 post-op appointment set up. (1st) 7-14 days out, (2nd) 6 weeks out, (3rd) 3 months out, (4th) 6 months out, (5th) 1 year out.

Q: When will I be allowed to shower?

A: You can shower after 48 hours. At that point it will be OK to remove your dressings; however, please leave steri-strips (small band-aid like strips) on. You can let the soap and water run over the incision but do not scrub it and do not soak it.

Q: Can I drive while in a sling?

A: We cannot tell you it is safe to drive while in a sling. Please arrange transportation during this time.

Q: When can I go back to work?

A: It depends on what your job is. If it involves you mainly sitting throughout the day, most patients will go back to work around 1 week post-op. The surgical team can provide you with a letter explaining your absence and/or restrictions if needed.

Q: What clothing should I have for after surgery?

A: Most people will prefer button down shirts or jackets with zippers. Women may want to get a bra that clasps in the front.

Q: What if I don't have anyone at home to care for me after surgery?

A: You will meet the case manager/care management team during your stay in the hospital. They will help coordinate options for you after surgery. These can include an acute rehab facility, subacute rehab, or home health.

For more information about your upcoming procedure, please visit our website: www.sportsandshoulderdoc.com