

## Before Your Shoulder Replacement

### Home

1. Make sure you have a comfortable place to recover. You will need a chair, recliner or bed with pillows propped up that will allow you to rest or sleep upright.
2. Make sure you have adequate food at home. Make some meals before and freeze them or buy frozen meals.
3. Have loose-fitting shirts or button-down shirts available.
4. You may not drive or operate heavy machinery while taking narcotic pain medications. You may need someone to drive you around after surgery for several weeks.

### Work

1. How much time, if any, do you need off of work?
2. Do you need to apply for temporary disability? We have the paperwork in our office. Please fill out and bring back or fill the paperwork out online.

### Medical Clearance

1. Some patients will require medical clearance from their primary care doctor or cardiologist prior to surgery.
2. **Clearance forms must be received before surgery is scheduled.** You can drop off signed forms at any time to the front desk.

**Julia Lee MD**

1630 E. Herndon Ave. Fresno, CA 93720  
559-290-7052 | 559-365-6805 (direct line)

## After Your Shoulder Replacement

### **Dressing/Wound Care**

1. Keep dressing on for 7 days. Ok to shower with dressing on but do not soak in bath tub, pool, etc.
2. After 7 days, ok to take dressing off. Ok to shower without dressing but do not soak in bath tub, pool, etc.
3. Bruising down the arm along the middle side of the elbow and forearm is normal. Some people even have bruising along the chest wall as well. Finger swelling is normal.
4. The Dermabond glue that are on top of your incision will fall off by itself in 2-3 weeks. AFTER these come off, it is ok to massage lotions, ointments, and creams on the wound to decrease scar formation.
5. After 4 weeks, ok to go in pool, bath tub, etc.

### **What To Expect**

1. The nerve block wears off after ~24 hours. Once you notice the pain coming back, take a pain pill so you have the effects of the pain medicine prior to the block wearing off completely
2. Wiggle your fingers and wrist as much as possible to help with the hand swelling.
3. Sleeping upright or propped up on pillows will be more comfortable. Your sleep patterns will be altered for a couple of months.

### **Getting In Contact**

1. If you have any questions, please contact my office at 559-290-7052 or 559-365-6805 (direct line with private voicemail).
2. If you are unable to get a hold of my office and you have a medical emergency, please go to the nearest emergency room. My preferred hospitals are Clovis Community Hospital or St. Agnes Hospital.

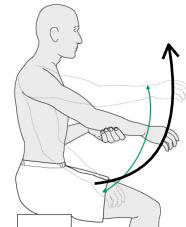
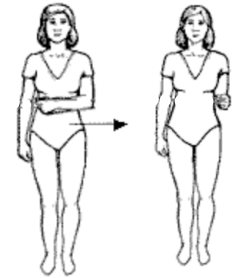
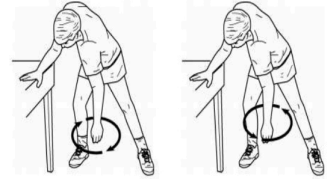
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## Home Shoulder Exercises

### **Motion/Physical Therapy (0-6 weeks)**

1. Wrist, hand and finger motion at any time is ok. Keeping these moving will help with the swelling and bruising.
2. Come out of sling twice a day to work on elbow range of motion with the arm at your side. Ok to let arm hang.
3. Work on pendulum exercises twice a day (10 circles clockwise, 10 circles counterclockwise)
4. With your elbow by your side, rotate your hand from your belly straight forward.
5. Hold the elbow of your operative arm and passively elevate the arm to 120 degrees.
6. Ok to remove pillow and just wear sling after 4-6 weeks.



### **Motion/Physical Therapy (6+ weeks) - start physical therapy**

1. Discontinue sling
2. Start active-assisted range of motion (so your non-operative extremity is helping your operative extremity move). No restrictions to ROM.
3. After ~4 weeks, you can start strengthening with light weights and resistance.

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## Frequently Asked Questions

**1. How long is the procedure?**

The surgery itself is about 2 hours. With anesthesia time, the entire procedure is around 3 hours.

**2. Do I have to stay in the hospital?**

Yes, most patients will stay at least one night in the hospital.

**3. How long do I have to be in a sling?**

Usually about 6 weeks

**4. When do I start physical therapy?**

Physical therapy starts at 6 weeks at the location of your choice

**5. Can I shower after surgery?**

Yes. The dressing is water-resistant. It is ok to take the sling off and shower with the dressing on the day after surgery. Support your operative arm when you are showering.

**6. Can I travel after surgery?**

Yes. You can travel when you are comfortable. If you are going on a long car ride, please make sure to get out every couple of hours to walk around, stretch, and prevent blood clots.

**7. What are my long-term restrictions after surgery?**

I generally tell patients that after a shoulder replacement, lifting more than 25lbs repetitively overhead with that arm is not recommended. You can return to sports such as golf, tennis, skiing, and hiking.

**8. How long is recovery?**

You are in a sling for 6 weeks. After that, there will be around 2 months of physical therapy. I usually let you start activities as tolerated (within reason) about 4 months after surgery. You will continue to improve your function and strength for one year.

**9. When can I drive?**

You cannot drive while taking narcotic pain medications. You should have enough strength and focus to drive before getting behind the wheel. For most patients, this will be around 3-4 weeks.

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