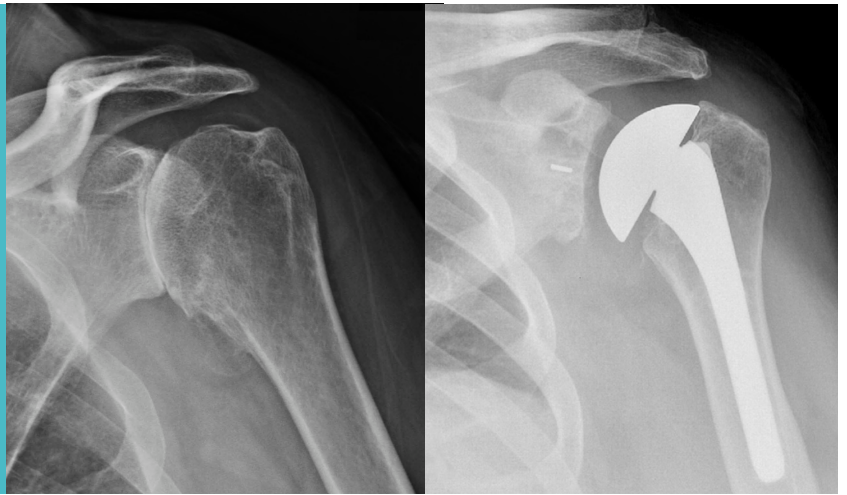


# INFO ON ANATOMIC SHOULDER ARTHROPLASTY



## WHAT IS IT?

This is the most straight forward shoulder replacement performed. The worn out or arthritic shoulder joint is replaced on both the ball (humerus) and socket (glenoid) sides with metal and plastic parts. In order to qualify for this you need a good rotator cuff and a good bone socket. On the top right image you can see the metal parts, but the plastic parts are not seen on the X-ray.

## PROS

Pain relief – if your shoulder has significant arthritis this type of shoulder replacement can help with that joint pain. It replaces the joint with metal and plastic, just like a hip or knee replacement.

Function – usually function after this type of shoulder replacement is the same or better than what you had before surgery. Generally speaking it can look and feel almost like a normal shoulder.

## CONS

Surgical and medical risk come along with every surgery. Surgeons take precautions to prevent complications such as infection, fracture and dislocation. While these complications are unlikely, the rate is not zero! Function after anatomic is not always perfect but likely to be improved in most patients. Joint replacements are not for heavy duty activities such as chopping wood, weight lifting or construction. During surgery we have to repair the subscapularis tendon (the front door of the shoulder). This takes about six weeks to heal, so that is why we recommend sling for six weeks.

\*For informational purposes only and shall not take the place of a discussion with your surgeon.



+231-935-5880



<https://www.mdubiemd.com/contact-us>



[www.mdubiemd.com](http://www.mdubiemd.com)

# ANATOMIC SHOULDER ARTHROPLASTY

## BEFORE SURGERY

01

Will obtain CT scan of your shoulder in order to plan for your shoulder replacement. This includes sizing your shoulder replacement and making sure it is placed in excellent position. Also need to make sure your glenoid (socket) is not deformed.

02

Medical optimization for surgery will be completed by our presurgical clinic or your primary care doctor. This is to ensure that you are safe to undergo the procedure. Labs and heart tests may need to be completed.

## RECOVERY

01

Six weeks in a sling. Leave dressing in place. No sutures to remove. Ok to use to eat, type, talk on the phone. Ok to shower. Ok to walk and be active. We are just allowing the shoulder to heal at this point.

02

After six weeks wean from your sling. Start to use for light activities such as preparing food, brushing your hair, grocery shopping.

\*For informational purposes only and shall not take the place a discussion with your surgeon.

## DAY OF SURGERY

01

You will be given a time to arrive on your day of surgery likely early in the morning. Before surgery you will typically have your shoulder numbed by our anesthesia team to alleviate pain during and after surgery. This is called a "block."

02

Surgery typically lasts about two hours. It takes about an hour to complete your shoulder replacement. The rest of the time in the OR is spent being placed under general anesthesia (totally asleep) or waking up. Xrays are taken of your shoulder in the postoperative area to ensure things look great.

03

If you are younger and healthy, you can be discharged home the same day of surgery. If you have previous medical issues or need some help you stay one night in the hospital.

03

At six weeks we start some simple exercises at home. This is rehab on your own. Some patients choose to go to formal PT but many people don't need this. Typically X-rays are taken at 6 weeks.

04

You can follow up with Dr. Dubiel's office either around 3-4 months after surgery, or a year depending on how you are doing. There are also options for virtual follow ups via video if you prefer.

