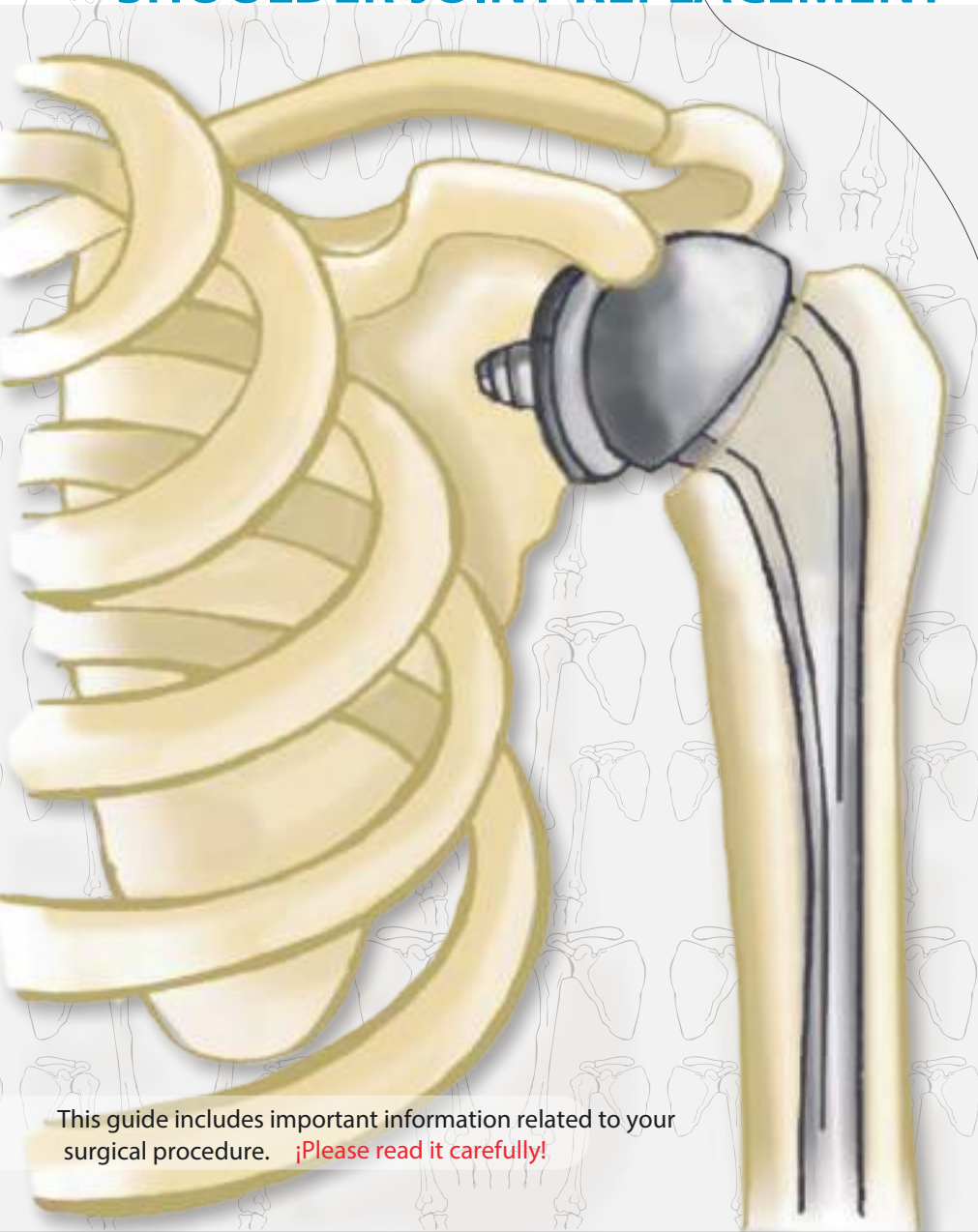


# Patient's guide to

## SHOULDER JOINT REPLACEMENT

INSTRUCCIONES PARA PACIENTES PROTESIS ARTICULAR DE HOMBRO  
Versión: 2  
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Código: MOP-PCU-GI-53

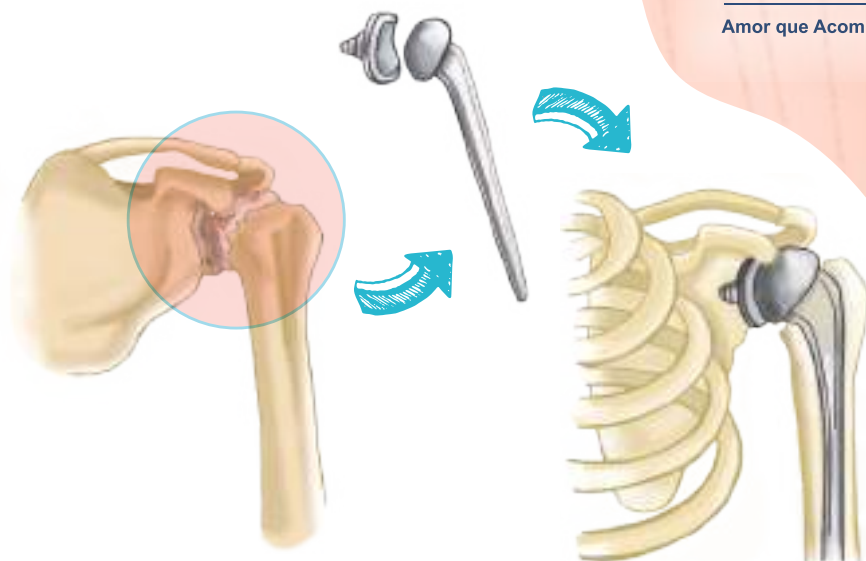


This guide includes important information related to your surgical procedure. **¡Please read it carefully!**



# SHOULDER JOINT REPLACEMENT

¿What is it?



**1.** Total joint replacement, or Arthroplasty, is a surgical procedure in which a damaged painful elbow joint (due to arthritis, fracture, or other conditions) is replaced with a prosthetic joint that allows for relieve of pain and improvement of function. This prosthetic device is not visible from the outside. It is put in through the skin and soft tissues, leaving a visible scar.

**2.** It is considered a major surgery. It carries the risk of different complications that may occur in a low proportion of patients, related to the anesthesia or the surgical procedure.

Most patients do not present any complications, but you should be aware of the related risks, <including residual pain, stiffness, blood clotting, instability, leg length inequality, intraoperative fractures, infection, loosening, nervous or vascular injuries, healing problems, etc.

Sometimes it might be necessary to re-operate or exchange an implanted prosthesis (Revision Surgery). The average duration of the devices varies but it is usually accepted to range between 15 to 20 years

**3.** The prosthetic joint will never be the same as the original elbow, however it might improve your quality of life. It must be taken care of always, avoid excessive weight, high-impact activities, or extreme turns of movement

# Instructions Prior to the Day of Surgery

**4.** Understanding the procedure, preparing for it, and getting ready for rehabilitation is of outmost importance for a faster and better result.

Watching the instructional video, reading and understanding the recommendation guide, as well as undertaking the rehabilitation with discipline and adherence, will warrant a safe and early recovery.

**5.** You will receive indications to follow closely according to the type of procedure that your doctor will perform, including activities that you can perform before, during and after the surgery. Remember that there is a complete instructional video that you can watch on the hospital's web page.

**6.** You must STOP taking some medications in advance, prior to your surgery:  
Stop natural remedies 30 days in advance (green tea, ginkgo Biloba, chia).

8 days in advance stop Aspirin (maintain intake only if your treating physician advises not to stop it) Allopurinol, Colchicine, Probenecid, Clopidogrel, naproxen, diclofenac.

1-2 months prior to surgery you must stop cigarette smoking and alcohol intake and keep this withdrawal until 6 months after surgery.

Biological medications must be stopped according to their half-lives as recommended. Other regular medications can be continued as regularly. You must inform the surgical team about all your current medical conditions, known adverse reactions, previous surgery related

complications, and regular prescribed medication without exception

**7.** You must bring a Sling to the Hospital on the Day of Admission, to rest your elbow on.

**8.** On the day of admission, you must bring all diagnostic images previously taken including X-rays, CT scans, and MRIs.

**9.** At home you must have available Alcohol-based Hand Rub (antiseptic rub) to be applied by the patient and by the people assisting them. Everyone who comes in contact with you must rub their hand with this antiseptic.

**10.** DO NOT consume any liquids or solid food in the 8 hours prior to your surgery.

**11.** Remove all nail polish, make-up, jewelry and body piercings.

**12.** Do not shave or pluck the surgical area..

**13.** Do not put lotion around surgical area.

**14.** Remove lenses, hearing devices and dentures.





# Caring for Yourself

## After Surgery

**15.** Work leave will be between 30 and 90 days, depending on the decision of your doctor, the progression of your recovery, and the job you carry out at work (you must establish a back-up plan)

**16.** Avoid heavy lifting such as pulling or pushing weights. You may need to limit the movement of your shoulder, such as external rotation.

Do not use the operated arm to lift yourself off from the bed or chair

**17.** Avoid physical contact sports or games at all times. You should avoid strong sports such as soccer, gymnastics, hockey or rock climbing.

**18.** Do not make sudden movements that cause you pain. Avoid actions that may make your shoulder squeak or snap. A sudden movement may hurt your shoulder again.

**19.** The surgical wound must not be touched. It must remain covered with the dressings put on the day of surgery or before discharge. It must not be washed or damped. The dressing should only be removed if the wound is to be checked by a health care practitioner and only under sterile conditions. 7-15 days after the surgery, the dressings and sutures will be removed during the first post-op visit. After this is done, you can shower normally

**20 .** Avoid contact with pets for 15 days.

**21.** Mobilize the elbow as often as possible, and the rest of the joints immediately after surgery. Remove the sling to allow movement several times a day. Use it to sleeps or while you are at rest. On the day of surgery you must get out of bed and walk around your room, as well as using the bathroom.

**22.** On the day of surgery you must get out of bed and walk around your room, as well as using the bathroom.

9. Indications for Emergency Room visit include a red wound, constant drainage, severe pain, body temperature above 38°C, pain does not yield to medication, extreme swelling of limb, or chest pain.

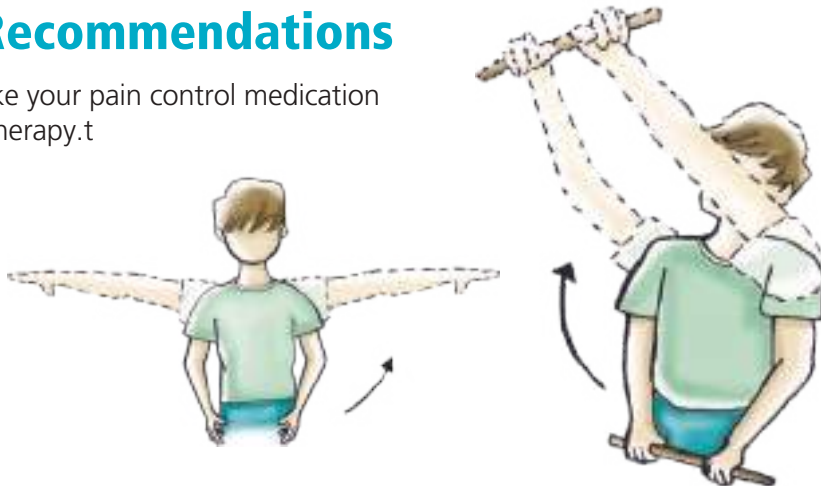
**23.** The speed of your recovery is variable. Try to regain full extension and full flexion as soon as possible.. All throughout life you must avoid heavy lifting, pulling, pushing, or high impact activities. In case of any infection in your body you must seek medical attention as soon as.



# Physical

## Therapy Recommendations

Remember to take your pain control medication before physical therapy.



Continue the exercises, safe positions, and use of sling, for the first **15 days**.

- Follow instructions for activity, and muscle strengthening as far as pain and stiffness allow you
- Starting on **week 6**, start full range of motion and strengthening exercises which must be kept continuously.

Immediately after surgery you may start self-cleaning and eating by yourself.

- **At 12 weeks**, recreational activities may be restarted with low impact.
- Avoid high impact sports.
- Ask your doctor before restarting a new sport or physical activity.

### Attention to Patients

In hospital:  
Monday 1:00 p.m. a 3:00 p.m.  
Consulta Externa 2° Piso

Phone and Whatsapp  
Tuesday through Friday  
1:00 p.m. a 3:00 p.m.

### Contact

☎ 2959000 Ext. 9240 ☎ 320 704 9057  
✉ [rarticular@clinicaelrosario.com](mailto:rarticular@clinicaelrosario.com)



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## SHOULDER JOINT REPLACEMENT

Clínica  
**El Rosario**



Amor que Acompaña y Servicio que Alivia

