

# Total or (Reverse) Shoulder Arthroplasty

## E.R.A.S Education: Enhanced Recovery After Surgery

*Goals of ERAS:* To involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall satisfaction of your surgical experience.

### YOUR ROLE BEFORE SURGERY

- Make sure your home is adapted to your post-op needs. Install any safety equipment necessary. Any items you use regularly that are in lower or upper cupboards should be placed at countertop height. Remove any trip hazards for your safety.
- Make sure you obtain all the adaptive equipment you'll need for after surgery. You can use loan closets in your county for free equipment or borrow from family and friends.
- Ask family and friends to help you after your surgery. Make sure you have prepared food for easy access. Practice using your non-surgical shoulder to do all your daily tasks.
- No need to bring any of your adaptive equipment to the hospital. DO: bring your sling if you got one. Your clothes should be loose fitting at the neck or top that open in the front, shoes must have non-slip bottom and fully enclose the heel for safety and fall prevention.

### AFTER SURGERY

- Always follow your surgeon's guidelines and precautions.**  
Total (and reverse) Shoulder: You should wear your sling for up to 6 weeks. No moving the shoulder actively. Sleep while wearing the sling. Keep your incision clean and dry. No driving for 6 weeks.
- For 12 weeks: No supporting your body weight through the hand on involved side, ie, pushing up from a chair. Avoid sudden movements. Keep your arm in neutral while lying down by using a small towel behind the arm.
- Fall prevention: you are at increased risk for a fall. Medications and surgery can make you dizzy, lightheaded and sleepy. After you've been laying down, make sure you sit for as long as you need to before standing.
- Blood clot (DVT) prevention after surgery: Dr. will prescribe you medications to help prevent DVT's. Walking and ankle pumps are an important part in prevention of DVT's at home.

- It is important to walk before and after your surgery. Walking following your surgery helps to build your endurance and improves the overall healing process.

### AT HOME

- Follow surgeon's guidelines.** Keep your sling on except for bathing and dressing (6 weeks). You can move around your hand/wrist to maintain good range of motion. Wear sling to sleep in.
- Your balance could be challenged with having your arm in a sling. Be aware of your surroundings and don't put yourself in a position where you could fall.
- Keep walkways clear of clutter or trip hazards. Use night lights to help guide you into bathroom at night for safety.
- Do your ankle pumps 10+ every hour that you are awake. Walking and changing positions helps with improved blood flow and decreases chances of having a DVT.
- Physical therapy usually begins after your follow up with your surgeon, 2-3 weeks after surgery. Call prior to surgery to schedule your first appointment with a physical therapist.

*4 Ways to schedule an appointment at a Beaumont Physical/Occupational Clinic near you:*

1. CALL **248-655-3191**
2. CALL the PT clinic of choice directly
3. For **online PT scheduling** click on the link below:  
<https://www.beaumont.org/treatments/physical-therapy>
4. Scan the QR code

