

# What You Should Know Before Surgery

ROTH | McFARLANE  
HAND & UPPER LIMB CENTRE  
ST. JOSEPH'S HEALTH CARE LONDON

## -Reverse/Total Shoulder Replacement-

Western  
HealthSciences  
School of Physical Therapy

### Sling Use



#### Why is it important?

- Helps support your shoulder for comfort and soft tissue healing.
- Keeps you safe! When out in the community, the sling helps to alert those around you to keep their distance.

It should be worn at all times for up to 6 weeks. Can be removed for washing and exercises under the direction of your physiotherapist.



### PAIN Management

It's **NORMAL** for people to feel pain after surgery, and everyone's experience will be different! Your body just went through a surgery and needs to protect and heal itself.

Some strategies you can use to manage your pain include:

- Ice
- Arm positioning as instructed
- Deep breathing
- Talk to your doctor about pain medication

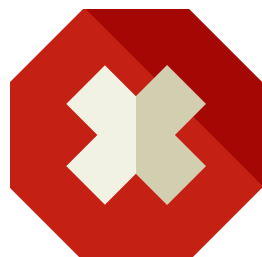


### What to **LOOK OUT** for

Contact your surgeon or go to the Emergency Department if you experience:

- Sudden and **intense pain**
- Onset of fever and arm **feels hot** to the touch
- Increased **redness** in and outside the border of the surgical area and increased **drainage** from the incision
- A **recent fall** after surgery

### Things to **AVOID**



- Pushing, pulling or lifting greater than the weight of a coffee cup from 6-12 weeks.
- Repetitive lifting is discouraged.
- Lifting limit of 5-7 kg indefinitely, such as a gallon of paint or 4L bag of milk, or as recommended by the surgeon.