

Reverse or Total Shoulder Replacement Surgery

The shoulder is a ball and socket joint. During Shoulder replacement surgery, Mr Shah will try and replace the ball, and the socket. You may have a painful shoulder which has decreased movement. This is usually because of arthritis. You may alternatively have broken the bone, the top of the head of humerus (the ball).

Mr Shah has suggested that a replacement of the shoulder joint (called an Anatomical Total Shoulder Replacement or Reverse Geometry Shoulder Replacement) is one way to increase the movement in the shoulder and lessen the pain.

Before Surgery

You will be seen by Mr Shah before the operation. He will confirm the correct side and will take this opportunity to draw on your arm (mark with a marking pen). This is to ensure the correct shoulder is operated on. If you have any questions, now may be the time to ask them.

During Surgery

An anaesthetic will be administered in theatre. This will be a general anaesthetic (where you will be asleep) with a regional local block (where the area to be operated is made completely numbed). You must discuss this and any risks with the anaesthetist.

After the anaesthetic, you will be placed in a beach chair (sitting) position. When in theatre, the skin around your shoulder will be cleaned with antiseptic solution and covered by sterile towels (drapes).

Mr Shah will make a downward cut at the front of the shoulder to get to the joint. The arm bone will be released from the shoulder and the top of the head of humerus (the ball) is replaced with a metal one and the socket with a plastic in case of anatomical Total Shoulder replacement. If you are having a Reverse Geometry Shoulder Replacement, then Socket is replaced with a metal ball and the top of the head of humerus (ball) with a socket.

The shoulder can then be relocated (put back into position) and the muscle, tendons and skin closed. Mr Shah will use dissolvable stitches under the skin and paper stitches on top of the skin. You will have a dressing on top of your wound which will need to be removed in 14 days.

After Surgery

When you wake up, you may feel sore or feel nothing at all for a while. The numbness may be due to a special injection some anaesthetists use. There may be a thick absorbent pressure dressing on the shoulder. Your arm will be in a sling just to let it rest.

You may also be visited by a physiotherapist. They will show you exercises to better the final range of movement you get. It is important to try and do as much or as little as they suggest.

You may be able to go home in few days after the operation, but you should discuss this with your surgeon. The physiotherapists may show you some exercises to perform. It is important to follow these.

You may be advised to gently start to use the arm and increase this gradually – however, you should avoid heavy use for 3 months. Full recovery can take up to 12 - 24 months, or may never be achieved, but the pain should be greatly improved.

Type of Operation	In patient	
Procedure Length	2-3 hours	
Anaesthesia	General Anaesthesia with regional block	
Time of Work	Light desk job	2-4 weeks
	Heavy manual work	3-4 months
Driving	Usually 8 weeks	



Reverse Total Shoulder Replacement



Anatomical Total Shoulder Replacement