

## Frequently asked questions about Shoulder Replacements.

### What's the difference between an anatomic or reverse shoulder replacement?

An anatomic replacement is done when you the other structures within your shoulder, such as your muscles are still working. If you have significant tears to your muscle, a reverse replacement is performed. Both operations, seek to reduce your shoulder pain.

### When can I drive?

Most people can return to driving 6 weeks after surgery. You will need to be able to perform an emergency stop. Your insurance company may also need to be informed of your surgery.

### How painful is the surgery?

Everyone experiences pain differently. Try not to compare to other people. It is important to take the medication given to you by the hospital. This may be required for 6-8 weeks.

### How long will I be in hospital for?

If the surgery goes as planned, you can expect to be in hospital for 1 night. You will be expected to attend hospital at a later date for Physiotherapy.

### What should I bring to hospital?

You will need clothing for at least 1 overnight stay. Loose fitting clothing is ideal. Being able to wear your own clothes can make a big difference to how you feel. Leave expensive personal items or jewellery at home.

### How long does recovery take?

The human body takes between 6-12 weeks to heal. However, recovery can take much longer than that. Some surgery can take 12 to 18 months to reach its full potential.

## Do I need any equipment?

The hospital will provide any specialist equipment you may need. It's a good idea to prepare as much as you can at home before the surgery. Do you need to move a bed downstairs? Which toilet will you use? If you are unsure, an Occupational Therapist will be able to help.

## How will I cope at home?

It's a good idea to tell your friends and family about your planned surgery. They may be able to help you in the 3-4 weeks after your surgery. You could also freeze meals before to save cooking. If you have concerns about coping at home, speak to the ward staff whilst in hospital.

## What is a good outcome for surgery?

Everyone is different. The main aim of surgery is to reduce your pain. Most knee replacements will be able to bend to around 90 degrees.

## Can I still fly after my operation?

How long you need to wait until you can fly again depends on a variety of factors. Discuss this with your surgeon.