

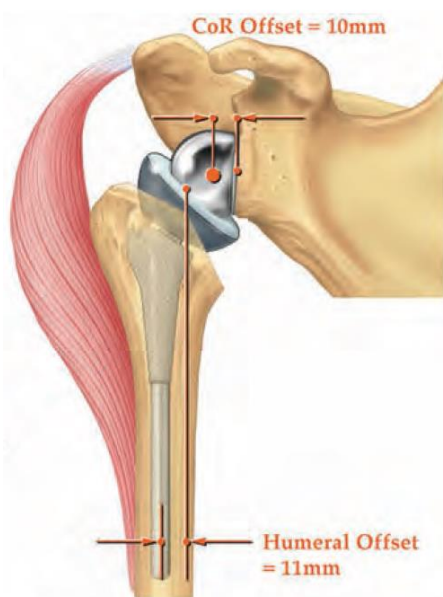
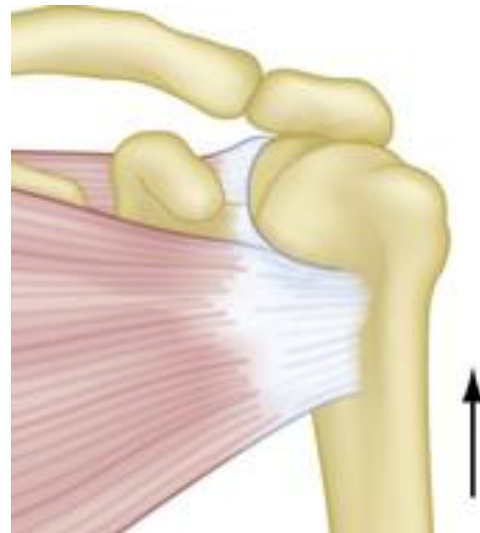


Reverse Total Shoulder Replacement

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. Our goal is to ensure you receive comprehensive care and support as you prepare for and recover from a Reverse Total Shoulder Replacement.

Understanding Reverse Total Shoulder Replacement

Reverse Total Shoulder Replacement is a surgical procedure designed for cases where traditional shoulder replacement is not viable due to severe rotator cuff damage or complex fractures. In this surgery, the normal anatomy of the shoulder is "reversed" by swapping the positions of the ball and socket. This design allows the deltoid muscle to become the primary mover of the arm, compensating for the damaged rotator cuff.



Benefits of Reverse Total Shoulder Replacement

- **Improved Mobility:** Many patients regain a wide range of shoulder motion.
- **Pain Relief:** The procedure often significantly reduces or eliminates shoulder pain.
- **Increased Strength:** Patients typically experience an improvement in arm strength.



The Day of Surgery

- The procedure is usually performed under general anaesthesia a nerve block to reduce post-operative pain. The block may cause numbness in the shoulder and arm for 6 to 18 hours after surgery.
- The procedure involves replacing the damaged parts of the shoulder with artificial components. The top of the arm bone (humerus) is fitted with a metal and plastic socket, and a metal ball is attached to the shoulder blade (glenoid).
- The surgery typically lasts 60 to 80 minutes.
- The incision is closed with absorbable stitches and covered with water resistant dressings. You will be provided with a sling to immobilise and protect your shoulder.

Postoperative Care

- **Hospital Stay:** You will likely stay in the hospital for 2 to 3 nights following surgery.
- **Pain Management:** Pain can be managed with medications prescribed by Dr. Chen Tu.
- **Rehabilitation:** Inpatient physiotherapy will be provided during the hospital. *Engaging in a structured physiotherapy program is vital* for regaining strength and mobility in your shoulder.

Risks and Potential Complications

As with any major surgery, risks include infection, blood clots, nerve injury, and complications from anaesthesia. The possibility of the implant wearing over time or dislocating is also present, though rare.

Contact Information

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Conclusion

Dr. Chen Tu and the entire team at Wakefield Orthopaedic Clinic are committed to ensuring the best possible outcomes from your Reverse Total Shoulder Replacement. This procedure can significantly improve your quality of life by relieving pain and restoring function to your shoulder. For any questions or concerns, please feel free to reach out to us.