

# Answers to Common Concerns About Shoulder Joint Replacement

Now that you've decided to have your shoulder joint replaced, you may be feeling a bit anxious about the upcoming surgery. That's a natural reaction. After all, having surgery can be stressful.

To help ease your mind, focus on this: Soon, you'll be living a more active life with less pain! That's sure to give you some good vibes.

Knowing what to expect with the surgery can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about shoulder joint replacement.

### How will I feel after surgery?

Truth is, you'll feel some pain after surgery. It's hard to know how much; everyone is different.

Now for the good news: Any discomfort will get better over time, and your care team is well-equipped to help you manage it.

Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

### What about the risks of surgery?

All surgeries have some risks, like the chance for an infection or bleeding. With shoulder joint replacement, other risks include stiffness, nerve damage, or dislocation of the new joint. You may also be concerned about the anesthesia.

Keep in mind, millions of people have major surgery every year without any trouble.

Your care team knows exactly how to keep you safe and healthy.

You can do your part, too. Follow all pre- and post-surgery instructions. And if you have any questions, ask away!

### How long will recovery take?

**Fact:** Healing takes time. How long your body will need depends on many things, including your overall health and fitness level before surgery.

Many people who have shoulder joint replacement feel much better within a few months. But for several weeks, you'll need to limit your arm movement, and you may need to wear a sling. The bottom line: It's important not to do too much, too soon.

To help you fully recover, your care team will put together a personal rehab plan. Stick with it, especially the at-home exercises and physical therapy. It's the best way to speed up your recovery as you gradually get stronger over the next year or so.

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Still have questions or concerns? Your care team is here to help. Get in touch to learn more about all you can do to make sure your surgery goes smoothly.

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