

**STEVEN CHUDIK MD**  

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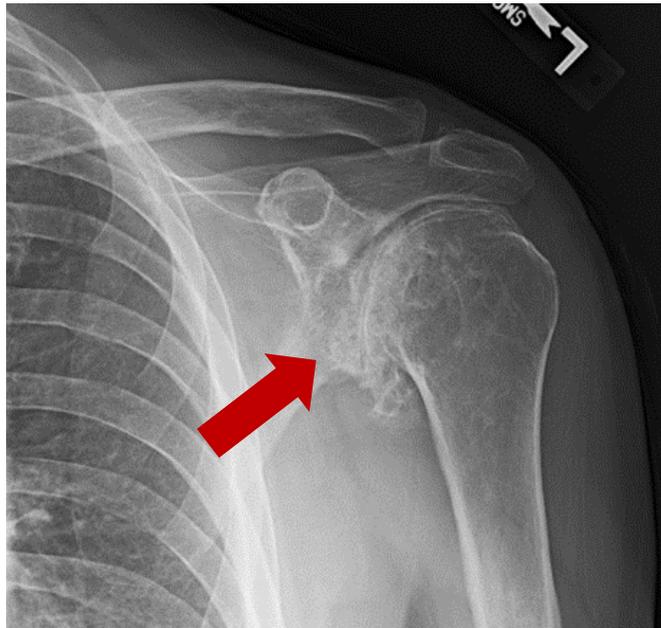
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**SHOULDER, KNEE & SPORTS MEDICINE**

## Total Shoulder Arthroplasty (TSA)

### Indications for Surgery

Glenohumeral (shoulder) arthritis occurs when the protective cartilage covering the ends of the bones at the shoulder joint, the glenoid (socket of the shoulder joint, which is an extension of the shoulder blade) and the humeral head (ball of the shoulder joint on the end of the upper arm bone), wears out. This cartilage wears out from excessive joint loading over time in patients genetically susceptible to arthritis or following injury. Shoulder pain and limitations occur as the worn bony ends of the joint grind together and cause mechanical symptoms and inflammation. When the symptoms warrant, a total shoulder arthroplasty (TSA) is recommended. Glenohumeral (shoulder) arthritis with narrowing of the apparent joint space and osteophytes (spurs) off the humeral head



X-ray of a shoulder with arthritis.

### Contraindications to Surgery

- Infection
- Inability or unwillingness to complete the postoperative program including immobilizing the shoulder in a sling for six weeks and performing physical therapy two to three times per week for four months
- Patients with poor general health which is not sufficient to proceed with surgery



Orthopaedic Surgery & Sports Medicine  
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## SHOULDER, KNEE & SPORTS MEDICINE

### Potential Surgical Risks and Complications

- Infection
- Bleeding
- Injury to nerves (numbness, weakness, paralysis) of the shoulder and arm (rare)
- Persistent stiffness or loss of motion of the shoulder
- Loosening of the prosthesis, particularly the glenoid implant
- Moving or breaking of surgical hardware
- Need for revision surgery

### Hospitalization and Anesthesia

- Either outpatient surgery (you go home after surgery) or 23 hour overnight stay
- General anesthesia with an interscalene nerve block

### General Surgical Technique

Dr. Chudik makes a limited incision over the front of the shoulder and works through intervals in the shoulder and chest muscles so he can resurface the humerus (ball) and the glenoid (socket). These worn surfaces are replaced with metal and special plastic components that are fit to your shoulder.



Total shoulder arthroplasty  
(replacement)



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### Post-Operative Course

- You will use a sling at all times except for bathing, dressing, and exercises for six weeks following surgery, especially while you sleep. This prohibits driving.
- You will **not** be allowed to actively move your replaced shoulder (moving it with its own shoulder muscles) for at least six weeks following surgery in order to protect the rotator cuff and allow it to heal.
  - You may feel more comfortable sleeping sitting upright (on a couch or recliner chair) after surgery.
- Keep the wound clean and dry for ten to 14 days following open shoulder surgery. Showering lightly after 14 days is fine, but wounds cannot be submerged under water for three weeks.
- Driving after six to eight weeks.
- Return to school/sedentary work in less than one to two weeks as long as you are in your sling and do not use the extremity. No typing, writing, or purposeful movement of that arm for six weeks.
- Physical therapy should begin two to three days after surgery and continue for four months. The success of a TSA is highly dependent on the post-operative rehabilitation. It is crucial to follow through on and maintain a proper therapy schedule.

### Return to Activity

- You may return to activities when your rehabilitation is complete and functional use has been restored.
- Usually four to six months is necessary after total shoulder arthroplasty before returning to activities
- Full shoulder motion and strength are necessary before returning to activities
- Dr. Chudik has special protocols for returning to golf.

### Preoperative Instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin<sup>®</sup>, Lovenox<sup>®</sup>, Xarelto<sup>®</sup> according to the prescribing doctor's directions



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- Stop anti-inflammatory medicines such as ibuprofen, Advil<sup>®</sup>, Naprosyn<sup>®</sup>, Alleve<sup>®</sup>, etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing
- **Do not eat or drink anything from midnight, the evening before surgery**

### Scheduling Surgery

Call Dr. Chudik's surgery scheduler at 630-324-0402 or email [contactus@chudikmd.com](mailto:contactus@chudikmd.com) to:

- Schedule the date and location of surgery. The hospital will call you the day before with the time
- Schedule an appointment with Dr. Chudik's assistant to complete pre-operative surgical education and other requirements
- Schedule a post-operative appointment with Dr. Chudik's assistant to remove sutures, and review post-op instructions.

### Notify My Office If Symptoms Worsen

This information is provided by Dr. Steven Chudik. It is not to be used for diagnosis and treatment. For a proper evaluation and diagnosis, contact Dr. Chudik at [contactus@chudikmd.com](mailto:contactus@chudikmd.com)/, or 630-324-0402.



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