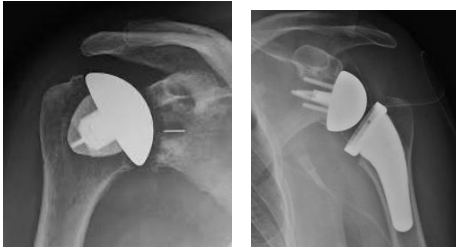




Shoulder Replacement

Multimodal Pain Protocol

Will my shoulder replacement be painful?



Unfortunately, shoulder replacement surgery is painful. The surgery requires removing part of the bone at the top of your humerus (humeral head) and part of the bone in your scapula (glenoid) in order to create a new shoulder joint. Both anatomic and reverse shoulder replacements are painful, although smaller implants have been shown to reduce pain post-operatively.

What is the post-operative plan to manage my pain?

Dr. Curtis and his team try to use the latest scientific evidence and techniques to guide our surgical interventions and post-operative care. For shoulder replacement surgery, we use a combination of methods (“multimodal” approach) to minimize pain post-operatively and, thus, limit your exposure to narcotic pain medication.

- Setting expectations:** anticipate pain post-operatively! Most research suggests that pain is worst within the first 5 days post-operatively and about 85% of patients stop taking narcotic pain medication by 2 weeks after surgery.
- Rest and icing:** take it easy after surgery! Resting and minimizing your activity will help to limit pain. Your arm should remain in your sling as instructed. Icing can be a valuable adjunct to pain management. Cryotherapy machines are available from the ROC shop or online and can help to minimize pain post-operatively. Please contact our team if you’d like assistance acquiring one.
- Nerve block:** our anesthesiologists will administer a long-acting nerve block before surgery that has been shown in multiple studies to reduce pain medication requirements post-operatively, particularly in the first 2-3 days. Your arm will feel numb during that time.
- Medications:** patients will take a combination of medications post-operatively. While this can seem like a lot of different pills, it can help to limit your exposure to more harmful and addictive narcotic pain medication. Below is a table illustrating the medications you will be taking, how much you will take, how often you will take them, and for how long.

Medication	Dose	Frequency	Duration
Tylenol	1000mg (2 tablets)	Every 8 hours	First 72 hours after surgery, then as needed
Ibuprofen	600mg (1 tablet)	Every 8 hours	First 72 hours after surgery, then as needed
Gabapentin	300mg (1 tablet)	Every night before bed	First 5 days after surgery
Oxycodone	5-10mg (1-2 tablets)	Every 4-6 hours	As needed

It is important to note that there are contraindications to these medications in some patients. If you have any questions or concerns about a medication being suitable for you, please ask!