



Stemless Anatomic Total Shoulder Replacement

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. We are dedicated to providing you with comprehensive care and information to prepare you for your Stemless Anatomic Total Shoulder Replacement surgery.



Understanding Shoulder Arthritis and Injury

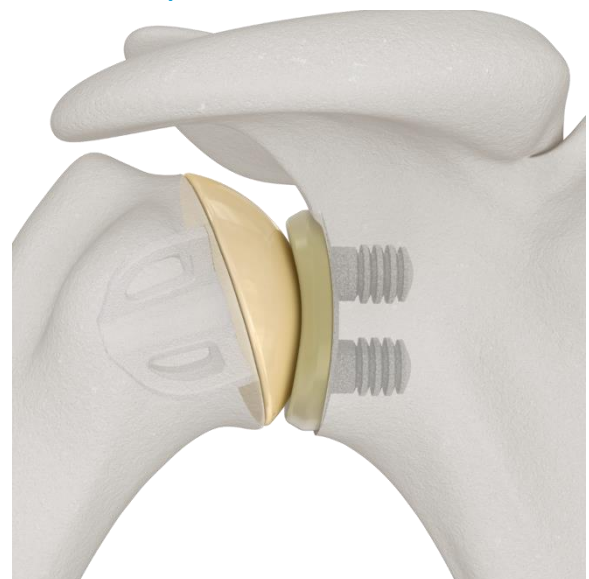
Shoulder arthritis or severe injury can lead to significant pain and dysfunction, affecting your ability to perform daily activities. When nonsurgical treatments are not sufficient, Stemless Anatomic Total Shoulder Replacement may be recommended. This procedure involves replacing the shoulder's damaged parts with a prosthesis, designed to mimic the natural anatomy of the shoulder, but without the need for a long stem in the humerus.

About Stemless Anatomic Total Shoulder Replacement

Stemless Anatomic Total Shoulder Replacement is a surgical technique that replaces the damaged ball (humeral head) and socket (glenoid) with artificial components. Unlike traditional shoulder replacements, the stemless option involves less bone removal, making it a less invasive option for patients.

Benefits of Stemless Anatomic Total Shoulder Replacement

- **Reduced Bone Removal:** A stemless prosthesis requires less bone removal, preserving more of your natural bone.
- **Pain Relief:** Most patients experience significant pain relief following recovery.
- **Improved Mobility and Function:** The surgery aims to restore range of motion and function in the shoulder.
- **Enhanced Quality of Life:** With reduced pain and improved function, many patients can return to their preferred activities.





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 ball, and a plastic socket 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 surgical procedure, there are risks, including infection, complications related to the prosthesis (such as loosening or wear), nerve damage, and anaesthesia-related complications. Dr. Chen Tu will discuss these risks comprehensively.

Contact Information

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Conclusion

Dr. Chen Tu and the Wakefield Orthopaedic Clinic team are here to support you throughout the process of your Stemless Anatomic Total Shoulder Replacement—from preoperative preparation through to your recovery and rehabilitation. Our aim is to assist you in achieving the best possible outcomes for a pain-free and active lifestyle.

For any questions or concerns, please do not hesitate to get in touch with us.