

## Shoulder surgery: questions for your orthopedic surgeon

For rotator cuff repair, total shoulder replacement, reverse shoulder replacement, labral repair, and other shoulder procedures. *Use these as inspiration. The right questions depend on your specific surgery; bring your own list.*

### ABOUT MY PROCEDURE

1. What is the exact procedure you're recommending, and why this one for my injury?

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2. Are there alternatives — physical therapy alone, a different procedure, watchful waiting?

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3. Is this procedure done arthroscopically, open, or both?

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4. Will I have a sling? For how long?

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5. What does the surgical scar / incision look like and where?

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### RECOVERY TIMELINE

1. When can I drive again — for left shoulder vs right, automatic vs manual?

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2. When can I return to my job (mine specifically)?

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3. When can I sleep on my operative side?

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4. When can I lift weights, swim, throw, do overhead movements?

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5. What is the typical PT schedule — when does it start, how often, for how long?

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6. What range of motion should I expect at 6 weeks, 3 months, 6 months, 1 year?

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## RISKS AND OUTCOMES

1. What are the most common risks specific to this procedure?

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2. What's your re-tear / re-operation rate for this surgery?

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3. What does success look like — full restoration of function, partial, pain relief only?

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4. What outcome should I realistically expect given my age and activity level?

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5. If something goes wrong, what does the next step look like?

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## LOGISTICS AND LIFE

1. Will I need help at home? For how long?

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2. What does a typical post-op day look like in week 1, week 4, month 3?

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3. Do I need to make changes at home before surgery (bathroom, sleeping setup)?

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4. Is there anything I should do in the weeks before — pre-hab exercises, lifestyle changes?

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*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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