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Total Shoulder Replacement Instruction Sheet

My goal is to make your surgery experience comfortable and with as little confusion as possible. Call if you have questions before or after surgery. Much of this information came from feedback of hundreds of patients who have been through this experience before you. I always welcome your suggestions for improvements. -SG

Pre-op Check List:

- You are responsible for obtaining Pre-operative clearance with your medical doctor (internist) to clear you for surgery.
- Pre-operative blood tests, EKG, and possibly a chest x-ray (all need to be done within 30 days of your surgery).
- Discontinue all aspirin products and/or blood thinners 7 days prior to surgery, if unsure of what to stop ask PCP during pre-op evaluation appointment.
- Denise, our office manager, will notify you of your arrival time the Friday before surgery. If you're not contacted by Friday afternoon, please call our office for instructions (239) 348-4253.
- Do not eat or drink anything past midnight the night before your surgery.
- Get Pre Surgical cleanse (Benzoyl Peroxide) and use as directed (next page)

Surgery Day:

- You will be asked to arrive 2 hours before the scheduled surgery time (remember not to eat or drink anything after midnight or the following morning)
- You will be admitted and meet the nursing and anesthesia staff, and myself and/or my PA or nurse practitioner. We will most likely examine you in the pre-op holding area.
- You will usually have your regional anesthetic placed in the pre-op area.
- Your surgery will be performed and usually lasts 1 ½ - 3 hours

- You will stay in the recovery room typically 1-2 hours depending on the duration of the regional anesthetic and then will be transferred to the Orthopedic In-Patient Service.

Pre Surgical Shoulder Cleanse

Prior to shoulder/elbow surgery:

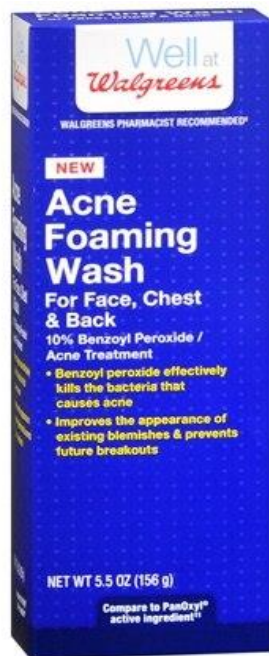
You should use a **Benzoyl Peroxide** wash in the shower and thoroughly cleanse your affected shoulder/elbow area every time you shower for 3 days prior to your scheduled surgery:

If you are having **LEFT** shoulder surgery:

- Cleanse your entire **LEFT** arm AND the **LEFT** side of your upper body (neck, chest, underarm, and back). Be especially thorough when you cleanse your **LEFT** shoulder and armpit.

If you are having **RIGHT** shoulder surgery:

- Cleanse your entire **RIGHT** arm AND the **RIGHT** side of your upper body (neck, chest, underarm, and back). Be especially thorough when you cleanse your **RIGHT** shoulder and armpit.



The morning of your surgery you should take a shower and use the Benzoyl Peroxide wash as instructed above.

Here is a picture of a type of wash that you can buy, it is available at any drug or grocery store locally. This is an Acne Control Cleanser that contains 10% Benzoyl Peroxide Acne Medication

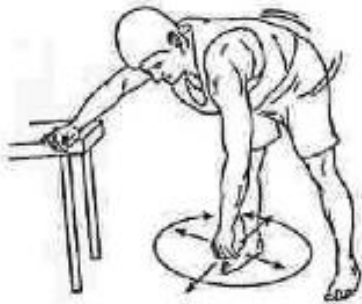
**You do not need to buy this particular wash, but the wash should contain Benzoyl Peroxide, and 10 % is ideal.*

Post-Operative Instructions – Total Shoulder Replacement

About your sling: Nobody likes wearing a sling. However, it must be used to control the motion of your arm. The sling keeps you from actively contracting the muscles around the shoulder, which protects you and the surgical repair. When the sling is off you are more likely to instinctively reach, or raise the arm without thinking, and this can reinjure the shoulder.

After Surgery

- Do not put any creams or antibiotic agents on the wound.
- You will have physical therapy evaluate you in the morning and start moving your operative extremity to the ranges I specified with the therapist.
- You can come out of the sling 2 times daily to move your ELBOW, WRIST, and FINGERS to eat or to do pendulum exercises (see below)
- The day after your surgery, begin the pendulum exercises.
- Pendulum Exercise:



- Holding onto a table, lean forward and dangle your operated arm until your fingers are about 6-12 inches from the floor.
- Make **small, slow** circles with your arm, 10 clockwise and 10 counter-clockwise.
- This may be difficult at first but will make the arm feel better once it loosens up.
- Repeat 4-6 times a day.

- You will be discharged home the next day (or in some cases the same day)
- Most patient with have a home health care nurse and occupational therapist visit the home to assist with therapy exercises and to monitor the surgical site.
- You will be given home exercises to perform as instructed by the physical therapist.
- You can shower at home – keep the clear dressing in place (Tegaderm). Pat area dry.
- You will continue to wear the sling whenever in public or for sleeping, but you can come out of it while eating, bathing, and sitting comfortably in your home 48 hours after.
- You can ice 30 minutes every 2-3 hours during the day to help with inflammation. You don't have to ice at night.

- Upon discharge from the hospital you will receive a prescription for pain medicine, it will be prescribed by the discharging physician based on what medication you had in the hospital.
- Please call the office in the first day or two after surgery to schedule a post-operative visit, if one has not been made for you already. This appointment should be **7-10 days after surgery**. If at any time there are signs of infection (increased swelling, redness, excessive draining from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications) or if you have any questions or concern, contact us at the office.

Post-operative Day 1-10

- You will have an appointment for your 1st post-operative visit about 10 days after surgery, that should have been arranged for you at the time you made your appointment for surgery.
- We will remove the surgical staples and apply steri-strips, the doctor will move the arm, and you will be given a prescription for formal outpatient physical therapy.
- You will continue to wear the sling whenever you are standing or walking, but you can come out of it while eating, bathing, and sitting comfortably at home.
- Move the elbow, wrist, and fingers liberally to decrease gravity-dependent swelling.

Post-operative Weeks 1-6 (your 2nd post-op appointment will be between 4-6 weeks post-op)

- Continue advancing range of motion in safe, steady fashion.
- Do not focus or worry about strengthening during this phase at all.
- You can discontinue use of the sling between 4-6 week post-op (I will coordinate this with you depending on the progress)
- Just before your 6 week checkup, we will ask you to set up new x-rays of your shoulder. Our office will help arrange this.

FREQUENTLY ASKED QUESTIONS (FAQ)

- **When can I begin to drive?**
Typically, you will be able to resume driving when your sling comes off in 4-6 weeks.
- **When can I return to work?**
This really depends on the individual patient specifically with respect to job demands (labor versus a desk job). Some patients return to desk work as soon as 4-7 days post-operatively and others may require 3 months away from work if “limited duty” is not available.
- **How long will I have physical therapy after the surgery?**

The typical therapy program will be 2-3 months. The 1st phase of the therapy will be designed to safely regain range of motion while the 2nd phase of therapy will be directed at regaining function, strength, and endurance.

- **How much pain will I have?**

This is variable but we will do our best to provide you with an appropriate amount of pain medication to keep you comfortable. Most patients voluntarily stop prescription medication 1-5 days after surgery. Remember, that most of our patients have regional anesthesia and it is not unusual to have numbness and tingling that can be present for several days following your surgery.

- **When should I call the office with concerns?**

Any signs of infection should be reported immediately – these include increased drainage (usually thick, cloudy, redness, increased warmth, and fevers with temperatures over 101.8).

- **Will the alarms go off at the airport?**

Sometimes. It is dependent on the specific machine and how sensitive it is.

- **Will I need antibiotics prior to dental work in the future?**

Yes, it is recommended that patients who undergo a total joint replacement use an antibiotic, such as 2 grams of Amoxicillin 1 hour to dental procedures for at least 2 years after the replacement, maybe long depending on your physician's preference.