



CONCORD ORTHOPAEDICS

Guide to Outpatient Shoulder Replacement

Thank you for choosing Concord Orthopaedics for your shoulder replacement surgery! We are happy to be a part of your journey. After reading this information, please reflect on ways that we can help you achieve your goals. Whether your goal is to play a sport, travel, or just be out of pain, we are committed to serving you. You will meet many people along the way, but it is important to remember that YOU are the most important member of this team. Please feel free to reach out to us any time. We are always here for you!

Karen Boselli, MD



Andrew Foley, PA-C



This Guide is designed to give you the important information you need to achieve the best outcome from your shoulder replacement surgery, including:

- How to prepare for your upcoming total joint replacement surgery.
- What to expect before, during, and after surgery.
- What to expect and what to do to continue your successful recovery at home.

Deciding on Outpatient Surgery

We will discuss whether shoulder replacement surgery is the best means to relieve your pain and improve your mobility, and explain the risks and benefits of the procedure. Once the decision has been made to move forward, you may be offered outpatient surgery if you are an appropriate candidate. Your baseline health and mobility should be good, you should have support from family and friends, and you need to be motivated to succeed!

Preparing for Surgery

Presurgical Assessment and Testing: Your surgical scheduler will give you an appointment for presurgical testing to be completed through the Orthopaedic Surgery Center. A nurse will assess you, and you'll be sent for lab tests to evaluate your overall health. This information will then be communicated to your surgeon.

On the day of your visit, please bring a list of all medications that you take at home, along with the dosage and directions. This should include over-the-counter and herbal medications or supplements. Please also have a list of your allergies and medication intolerances.

You will also have an appointment prior to surgery with a physician assistant, who will help to explain what to expect and how to prepare for your surgery. You will be instructed on sling use (and will be fitted for a sling), bathing, dressing, and physical therapy.

Medication Management: We will advise you on which medications to stop prior to surgery, and when. Certain vitamins/supplements (e.g. fish oil, vitamin E), anti-inflammatory (e.g. Advil, Motrin, Aleve), and anticoagulant (e.g. Eliquis, Plavix, Coumadin) medications must be stopped prior to surgery. If needed, we will make arrangements for you to discuss these recommendations with the medical doctor that has prescribed these medications for you. We will tell you if and when you should stop your rheumatoid arthritis medications.

You will be given additional information on when to hold medications for diabetes and high blood pressure (for example) at your pre-surgical testing appointment. If you are ever unsure about if and when to stop a medication, call Concord Orthopaedics for clarification.

Medical Clearance: If needed, your surgical scheduler will arrange an appointment with your primary care provider. It is important that your primary care doctor communicates recommendations to your surgeon about your specific medical conditions and how the rest of the team can best care for you. You may also be asked to see a specialist, like a cardiologist, depending on your medical history.

Preventing Infection:

- **Dental Health:** Any dental work should be completed at least 4 weeks prior to surgery. If you have unplanned dental work within this period, please notify us.
- **Shaving:** Do not shave your chest or armpit within 48 hours of surgery. Shaving can cause microscopic openings in the skin that can become pathways for bacteria.
- **Hand Washing:** You and your family are encouraged to use alcohol-based hand sanitizer and practice frequent hand washing.
- **Illness:** If you are ill with a fever, sore throat, flu, or any other illness the week before surgery, please notify your surgeon.
- **Skin and Nails:** If you notice any broken skin, cuts, rashes, scrapes, sunburns, or other skin abnormalities on the affected arm, please notify your surgeon.
 - ◊ Nail polish and acrylic nails must be removed prior to surgery.
 - ◊ It is important to prepare your skin before surgery to reduce your risk of infection.You will receive a separate set of printed instructions on this.

Preparing the Home:

- Have a nonslip bathmat inside the tub or shower.
- Remove anything that may be a tripping hazard, like loose scatter rugs, cords, etc.
- Put a nightlight in the hallway to your bathroom.
- Ensure that frequently used items are within reach (counter height to avoid reaching).
- Make sure you have a cordless or cell phone that can go with you everywhere easily.
- Please be cautious with pets to prevent accidental falls.
- Find a comfortable chair to use after surgery. Many patients choose to sleep in a recliner. If you do not have one, it is not mandatory, but you could consider borrowing or renting one. Sleeping in a semi-upright position after surgery can be helpful with pain management. A wedge pillow is another good option.
- Prepare meals in advance, so that you do not have to cook when you first arrive home. It can be helpful to freeze meals ahead of time or to have healthy options available.
- Make sure that a friend or family member can stay with you for a few days after your procedure, if you live alone. You will be able to perform your own personal hygiene, but you will need support with cooking, dressing, sling use, and making sure that your medication is taken on schedule.

Your Surgery

Day of Procedure:

- Wear loose fitting and comfortable clothes:
 - ◊ Pants with an elastic waist (or shorts) that are easy to pull on and off, since you will only have the use of one arm for getting dressed.
 - ◊ Tube tops, camisoles, or tank tops that can have one strap cut off may be useful. These can provide more privacy when your nurse shows your caregiver

how the sling is to be worn.

- ◇ A large shirt or sweatshirt than can zip or button in the front (not pull over your head). We suggest a shirt that is 2 to 3 sizes larger than your normal size to fit over the bulky sling that you are required to wear after surgery.
- ◇ Make sure to bring comfortable shoes. Avoid boots, flip flops, or anything that might place you at risk to slip and fall.
- Please make sure to pack the sling that was provided to you before surgery.
- All jewelry, rings, valuables, should be removed and left at home, including wedding bands. You will only need a drivers' license, insurance card, and credit card for prescriptions.
- Do NOT wear makeup, nail polish, hairspray, gels, perfumes, lotions, or deodorant.
- Do NOT shave your chest, shoulder, armpit, or upper arm.
- Do NOT apply creams or lotions near the shoulder.
- Do NOT eat, drink, or chew anything the day of surgery unless instructed by the nurse. This includes NO gum, lozenges, hard candy, or chewing tobacco.
- If you have been instructed to take medications on the morning of surgery, take them with a small sip of water.

Arrival: On the day prior to surgery, you will receive an arrival time for your procedure, and instructions on medications, food, drink, etc. Make sure that you are available to answer your phone. You will need to shower on the night prior to surgery AND morning of surgery with a solution to help limit the risk of infection. You'll receive a separate set of instructions on this, and the information will be reviewed at your preoperative visit.

After you are admitted, your nurse will perform an assessment, and review your medical history and medication use. You will have an IV placed in your arm, and you will meet the anesthesiologist to discuss their plan of care. This will likely include the option of a nerve block, which they will explain in more detail. Your family can stay with you until it is time for your procedure. Your surgeon will meet you, answer any remaining questions, and place their initials on the surgical arm to confirm the appropriate site of surgery. You will receive medication to help you relax and feel sleepy.

OR: You will be taken into the operating room by a nurse. The OR can be chilly, and the bed will seem uncomfortable; we will make sure to safely position you, and keep you warm and comfortable for your procedure! The anesthesiologist will monitor you at all times during surgery. Your surgeon will call and/or visit with your designated family member or friend after your procedure.

PACU: After your procedure, you'll be taken to the PACU (post-anesthesia unit) for recovery and monitoring. You'll have an ice pack on your shoulder, and oxygen running through a small mask over your face and nose. You may feel the compression stockings on your legs,

which are to help prevent the formation of blood clots. You'll receive a warm blanket from the nurse if you are cold, and your vitals will be monitored regularly. Your pain and nausea (if present) will be managed. Once you're comfortable and your nurse determines that it is appropriate, your family member can be invited in to visit and review your instructions.

Recovery

Readiness for Discharge: Your surgeon, nurse, and anesthesiologist will work together to determine when you are ready for discharge home.

The Drive Home: A friend or family member will drive you home. If you have a longer drive home, get out and walk for 10-15 minutes every 1-2 hours to help prevent blood clots.

- We suggest bringing a pillow to place under your sling for the ride home. This will help to lessen strain on your neck from the strap of the sling.

Comfort: Although pain is expected during your recovery, it is important to stay as comfortable as possible. We'll work together to establish realistic goals for pain management. Before discharge, you will be given prescriptions for pain medications. You will also be using some over-the-counter medications, which will be listed in your discharge paperwork. Some pain medications have side effects like constipation and disrupted sleep. Constipation can be prevented with increased hydration, over-the-counter medications, and dietary fiber.

- As your nerve block wears off, you will need to "stay ahead" of the pain by taking the medications as prescribed **before** you start to feel significant discomfort. Your nurse will provide more advice on pain management and medication use at the time of your discharge from surgery.

Sling: You will be in a sling for approximately 6 weeks after your surgery. We will educate you on how to properly wear this, and take the sling on/off. You **WILL** need to sleep with the sling on, and use it for all daytime activities, but can remove it for bathing, showering, dressing, and exercises.

Activity: It is important to continue your exercise program after surgery. You will go home with a plan for either home or outpatient physical therapy. Your long-term outcomes are dependent on **YOU** maintaining this program! You may resume low impact activities like walking outdoors as soon as you are feeling strong enough.

- Physical therapy will start within several days of surgery. You'll be provided with a PT referral at your preoperative office visit, and should make sure that these appointments are arranged in advance. *You will need a ride to therapy visits* until your sling is discontinued.

Swelling: It is normal to experience some swelling and bruising around your incision. Ice can be helpful to reduce this during the first week, and may continue to help with comfort after that. You will be provided with a Cryo-Cuff (continuous ice machine) on the day of surgery. Mild to moderate swelling in the wrist and hand of the operative arm are also common.

Incision Care: Your incision should remain covered with a bandage for two weeks after surgery. The bandage that we provide is waterproof and should remain tightly sealed. You will be able to shower as soon as you'd like with the dressing in place. You will receive instructions on when and how to change the dressing during your hospitalization.

Showering: You may shower as soon as you are strong enough to do so. During the first two weeks, you can shower and allow the water to wash over your waterproof bandage without soaking it. Once the bandage is removed, you can gently wash the area with a mild soap and pat dry with a clean towel.

Diet: A healthy balanced diet will be very important to your recovery. It is normal to have a decreased appetite after surgery, so you will need to focus on ensuring that you have the proper nutrition and hydration. Make sure to include plenty of protein, iron, calcium, and Vitamin D!

It is important to drink at least 8-10 cups of water a day. Staying hydrated and eating high-fiber foods will help with constipation. Although supplements to your diet may be useful, you should be focused on simply eating a healthy, nutritious, and balanced diet. We discourage alcohol use until all of you have been able to stop all prescribed medications from surgery.

You will need someone to help prepare meals for you, and it may be helpful to plan ahead with pre-made dinners that can be easily warmed up. It is helpful to choose meals that involve minimal cutting, since this can be difficult with one arm.

Smoking: As discussed before surgery, remember the importance of **NOT SMOKING!**

Rest: You will feel very fatigued after surgery. It is normal to take naps during the day and to have less energy for several weeks after surgery. You might also notice that your sleep at night is disrupted. This is very common after shoulder surgery, and usually improves within 4-6 weeks.

Exercise and Activity: It is important to with continue exercise and activity. After surgery, you can start light exercise like walking outdoors or using a recumbent exercise bike as soon as you feel ready. Heavier exercise should be discussed with your provider first. Sexual activity can resume when you feel ready.

Dental Care: It is important that you notify your dentist of your shoulder replacement. All elective dental work should be postponed for 6 months following surgery. You will need to take antibiotics prior to any dental work to prevent infection. You have been provided with a letter to give to your dentist, outlining the recommended antibiotics. Likewise, please notify your surgeon of any invasive tests, procedures, or surgeries, in case an antibiotic is needed.

Follow Up Care: You will need to follow up with your surgeon or physician assistant at regular intervals following surgery. Your first visit will be 1-2 weeks after your procedure.

Travel: You are discouraged from traveling long distances for the first several weeks after surgery. If you must complete emergency travel during this time, please discuss this in advance with your surgeon. You will likely set off metal detectors at the airport. There is no “card” or note issued after surgery; you can simply explain to the security screeners that you have a joint replacement.

Driving: We discourage driving for a minimum of 4-6 weeks following surgery, while you are immobilized in your sling. Plan on having a ride available for physical therapy appointments, grocery shopping, and routine errands.

Returning to Work: Your surgeon will let you know when they anticipate that you may be able to return to work. Because different jobs require different physical activity, you and your surgeon will decide what is best for you. If your job requires any paperwork (e.g. FMLA) please mail this or drop it off at our office to be completed.

Support: You will need plenty of support from either a spouse, family, children, friends, or neighbors following surgery. Even simple activities like getting dressed, showering, and going to the bathroom can be more difficult with one arm in a sling. Find someone that you trust and are comfortable with, who can assist you with day-to-day activities. You’ll need help with meal preparation, rides to therapy and follow-up appointments, and bandage changes.

Important Phone Numbers

Orthopaedic Surgery Center (Derry) (603) 425-6966

Orthopaedic Surgery Center (Concord) (603) 228-7211

Concord Orthopaedics (603) 224-3368

www.concordortho.com

<https://orthoinfo.aaos.org/en/treatment/shoulder-joint-replacement/>

Thank you, and please do not hesitate to contact us with any questions!

Concord Hospital

250 Pleasant Street Suite 1600 Concord, NH 03301
(603)227-7111 Fax (603)228-7354 www.concordhospital.org

Postoperative Shoulder Exercises

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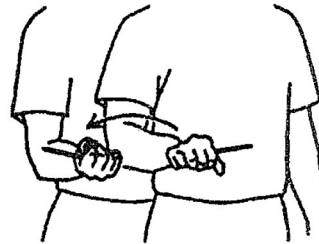
Perform ____ set(s) of ____ repetitions ____ times a day.

Elbow Flexion/Extension



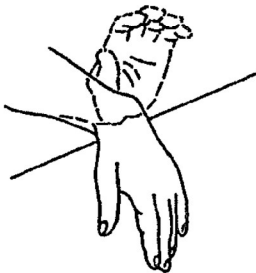
- With palm facing forward, work your elbow in a pumping motion, first up, then down
- Continue each motion to the point of tightness, gently stretching the elbow
- Try not to move shoulder

Elbow Supination/Pronation



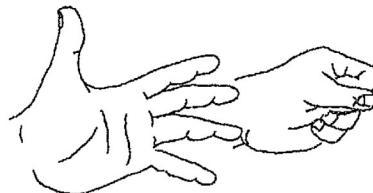
- Hold your elbow bent at your side
- Turn your palm upward, then downward
- Try not to move shoulder

Wrist Flexion/Extension



- Move wrist back and forth.
- Try not to move your shoulder.

Hand Grasp



- Make a fist, being sure each joint is bending as much as possible
- Relax and then straighten fingers as much as possible

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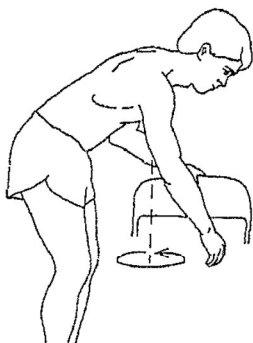
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Postoperative Shoulder Exercises

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Shoulder Pendulum



- Lean over table as shown, supported by uninvolved arm
- Allow involved arm to hang freely
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown
- Remain as relaxed as possible
- Perform 10 reps in each direction

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These instructions were explained to me and I had an opportunity to ask questions.

Reviewed by _____	Patient/Responsible party signature _____	Date _____	Time _____
Print name _____	Print name _____		

