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Total Shoulder Replacement What to Expect?

Surgery Date: _____

The surgery center or the hospital will call you the day before your surgery with the estimated surgical time and check-in time. If you have not heard from the surgery facility regarding your surgery time, please call them directly. Dr. Lawrence's office cannot give you your surgery time.

Pre-op Testing: _____

You will need to have preoperative testing within 30 days of your surgery. This will consist of lab work, urinalysis, EKG, chest x-ray and evaluation by the Hospitalist to ensure that you are healthy enough for surgery. If you have ever seen or been treated by a Cardiologist or Pulmonologist, you may be required to have further testing or appointments. Preoperative testing is mandatory! Failure to attend this appointment will result in your surgery being rescheduled. Please bring all home medications in original bottles to this appointment and to the hospital on the day of surgery.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.

You may take medicine **blood pressure/heart medication, stomach medication, anti-seizure medication** the morning of surgery with a tiny sip of water. Anything else you might eat or drink the morning of the surgery will necessitate canceling your surgery.

DO NOT take insulin/oral diabetic medication or diuretics (water pills) the morning of surgery. Please notify the pre-op nurse when you arrive that you are diabetic.

STOP all aspirin products/blood thinners/arthritis medications 10 days prior to surgery. Please review your list of medications with the nurse and note which ones should be discontinued prior to surgery. Bring all home medications in original bottles with you to the hospital on the day of surgery. If you have any questions regarding your medications, please contact our office.

Please advise Dr. Lawrence if you are currently taking blood thinners, have a history of heart surgery or history of blood clots in your legs or lungs. Failure to do so could result in your surgery having to be rescheduled.

DO NOT chew gum, dip or smoke the morning prior to surgery.

You must remove all jewelry and body piercings prior to surgery. Metal attached to the body is not allowed in the operating room. Please remove all fingernail and toenail polish.

Preoperative Instructions for Total Joint Medications

CHG Cloth/Hibiclens – Scrub surgical site beginning 4 days prior to surgery and the morning of surgery

Peridex Mouthwash – Gargle and rinse the morning of surgery and every morning for 10 days after surgery

Bactroban Nasal Ointment – Swab each nostril starting 4 days before surgery, the morning of surgery and every morning for 10 days after surgery

Please bring the Peridex and Bactroban with you to the hospital. You will be using these while you are there.

In the Hospital

You will be admitted to a private room following the procedure. Breathing exercises will start the day of surgery. This includes turn, cough & deep breath and incentive spirometer exercises. Physical Therapy will start the same day or day after surgery. You will be trained in transfers and bed mobility and the therapist will assist you out of bed to make sure you are steady on your feet. Your arm will be placed into a sling following your surgery. The therapist will instruct you in how to place and remove the sling and in elbow, wrist and hand exercises. The sling must be worn at all times but may be removed for general hygiene and exercises. You should not attempt to perform any shoulder ROM exercises or use the arm to assist in getting up or other activities.

Week 1

You will go home with your family in approximately 1-2 days. Please make arrangements to have someone home with you for at least the first week after surgery. You will need to remain in your sling at all times, only coming out for general hygiene and elbow, wrist, hand exercises. Some patients find it more comfortable to sleep in a recliner for the first 1-2 weeks after surgery. You should not perform any shoulder ROM, just elbow and hand. You may apply ice to the shoulder 3-4 times per day

Week 2-5

Continue wearing your sling and taking blood thinners. Your staples will be removed and steri-strips will be applied at your follow up appointment with Dr. Lawrence. At the end of the 2nd week, you may discontinue blood thinners. At your follow up appointment, Dr. Lawrence will instruct you in pendulum exercises for your shoulder but still no active shoulder ROM. You need to remain in your sling until your next appointment.

Week 6

You will have a 6week follow up appointment with Dr. Lawrence. You should continue wearing your sling until this appointment. At that time, you should be able to come out of your sling and will begin outpatient physical therapy. It is imperative you work hard with the therapist to regain full strength and ROM in the shoulder. As you begin using your shoulder, you need to start with very light activity and slowly increase, as instructed by your therapist.