

Shoulder Replacement & Repair Pre-Op Class

Hoag
Orthopedic
Institute.



**My surgeon
recommends a
shoulder surgery.**



**And I agree. Now
what?**

What to expect.

This class
will provide
information
about:



How to **prepare** for your:

- Total shoulder replacement surgery
- Reverse total shoulder replacement surgery
- Rotator cuff repair surgery.



What to **expect** in the hospital or surgery center.



How to **manage** the brace you will wear after surgery.



How to **care** for yourself after surgery.

Pre-surgery preparation.



Obtain medical clearance

from your internal medicine or family practice physician, if required.



A Pre-Admission Screening (PAS) coordinator will contact you

to complete pre-op labs and diagnostics, schedule pre-op call, approximately 4 weeks prior to surgery.



A nurse navigator will contact you

to review your history questionnaire and home medication list, about 1 week prior.



A financial counselor will contact you

to start the pre-admit process and review your insurance coverage, benefits, and upfront costs.



Preoperative universal decolonization

You will be given Chlorhexidine gluconate (CHG) soap and Nasal antiseptic to start using 5 days prior to surgery.



Limitations **after** surgery.

Typically, no use of shoulder muscles (no lifting, pulling or shrugging) for several weeks (~4-5 wks)

Therapy begins on average 4-6 weeks post-op, but can be as early as 2 weeks

Brace is worn at all times until you are instructed by surgeon except for dressing, showering and gentle ROM (elbow, wrist, hand)

Once cleared to use brace "for comfort" continue to wear: At night and in public.



Prepare **your home** for after surgery.

Fall safety

A fall after surgery could cause damage to your shoulder



Create clear pathways in your home



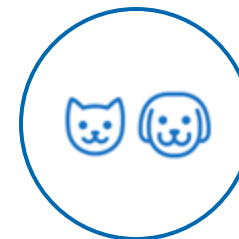
Non-skid surface or mat in your shower



Have a shower stool to sit on while bathing (patio chair)



Remove throw rugs or trip hazards



Arrange for pet care if necessary

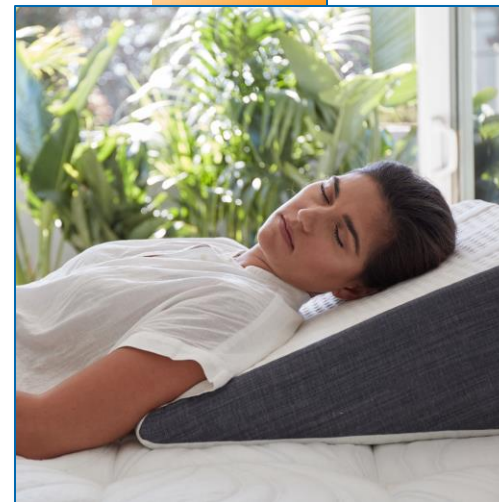


Use night lights

Additional preparation for after surgery.

More comfortable to sleep reclined.

- Electric recliner (Rent a Center, medical supply stores)
- Hospital bed (~\$300/mo)
- Reclining bed
- Wedge pillow (Amazon \$30-100)



How much help will I need after surgery?

- ✓ Consider the support system you will have when you return home.
- ✓ Arrange for help with cooking, heavy housekeeping, laundry and errands.
- ✓ Surgeons will let you know when you are safe to drive.



***Who will help you?
(spouse, family member, friend)***

Prepare **yourself** for after surgery.



Practice doing tasks with one hand



Practice eating with your non-surgical arm



Be sure you can reach the toilet paper with your good arm and practice wiping with that arm (wet wipes)



Practice leaning forward instead of lifting arm for dressing and bathing

Things to have on hand to make your life easier.

- ❑ Buy wedge pillow if you don't have bed that raises up
- ❑ Shower stool or patio chair
- ❑ Long handle sponge or brush
- ❑ Soap/shampoo in a pump bottle
- ❑ Loose button-down or large, stretchy shirts
- ❑ Camisole, tube top, or strapless bra
- ❑ Elastic waist pants
- ❑ Wet wipes
- ❑ Slip on shoes that stay securely on your feet
- ❑ Easy to manage (1-handed) snacks
- ❑ Disposable dishes
- ❑ Book rest/ paper holder

Day/night before surgery.

Review instructions provided by surgeon's office

Review when to stop eating or drinking (including chewing gum, smoking, eating hard candy), It is okay to brush your teeth

Do not apply lotion, cream, powder, deodorant, or makeup

Change bedding or clean sheets

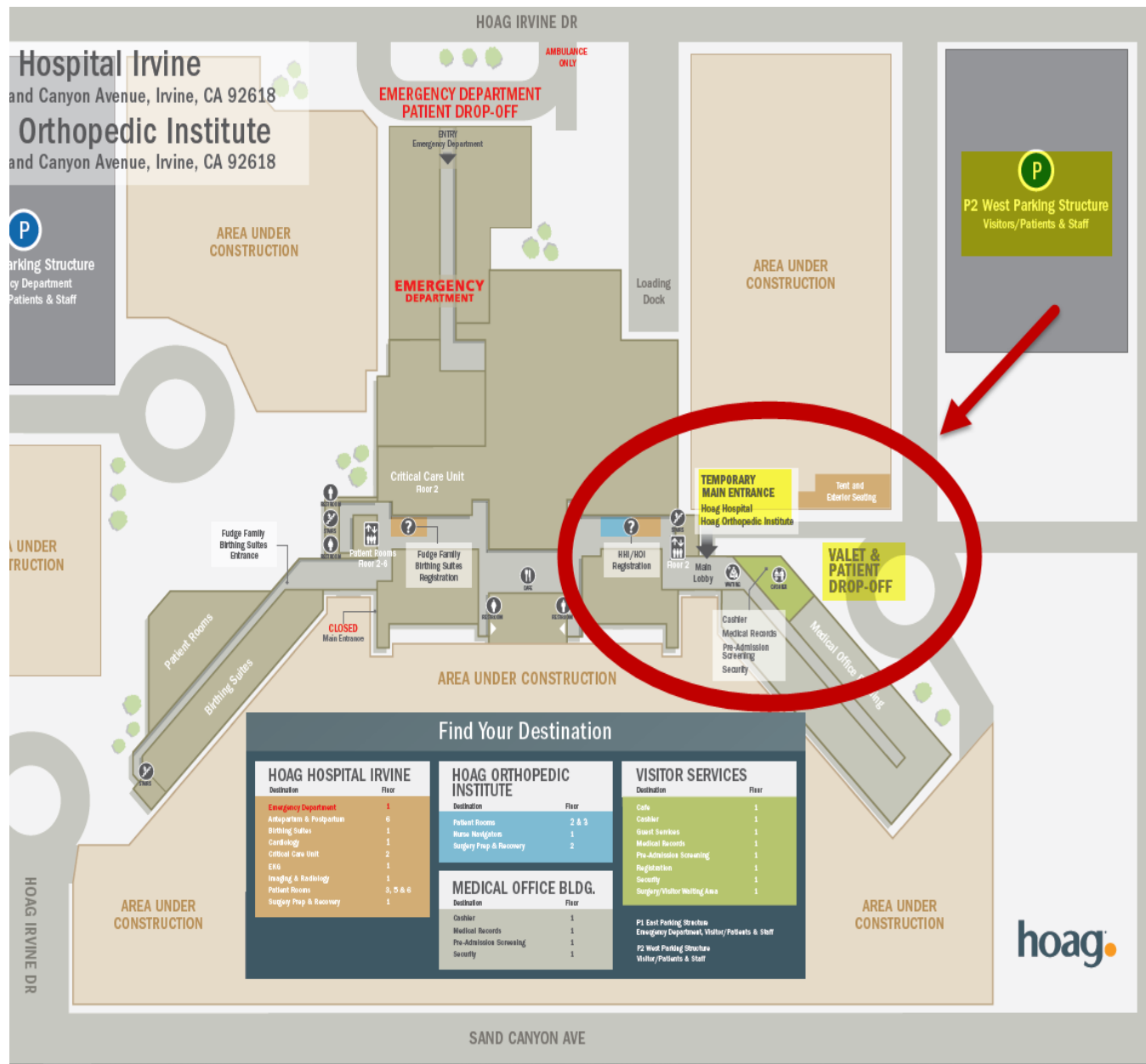


What to bring to the hospital.

- ✓ Drivers License and Insurance Card
- ✓ Non-skid footwear. No flip-flops
- ✓ Orthotics, Adaptive Equipment, if needed
- ✓ Loose fitting clothing to wear home
- ✓ OK to bring cell phone, laptop, chargers etc.
- ✓ C-PAP mask & machine
- ✓ Only bring medications if specifically asked to do so



**DO NOT BRING
VALUABLES**



Day of surgery: Arrival to the Hospital

- Valet parking is available 5am- 5:15pm (FREE)
- Check in at registration desk
- Park in the P2 structure

Day of surgery.



Check in to registration office at instructed time



You will be escorted to pre-op while family member remains in the waiting area



Paperwork to sign (Bring your reading glasses)



Once you are prepared for surgery, one family member may join you until the operation room

Shoulder surgery FAQ.

What happens after surgery?



Shoulder brace will be placed

What is a nerve block?



Typically nerve blocks are used for pain management (last about 24 hours)

How long will I be in the recovery room for?



Length of procedure tends to correlate to length in recovery room

When can I see my family?



Doctor usually will call family with update after surgery

Immediately **after** surgery.



Resume
diet slowly



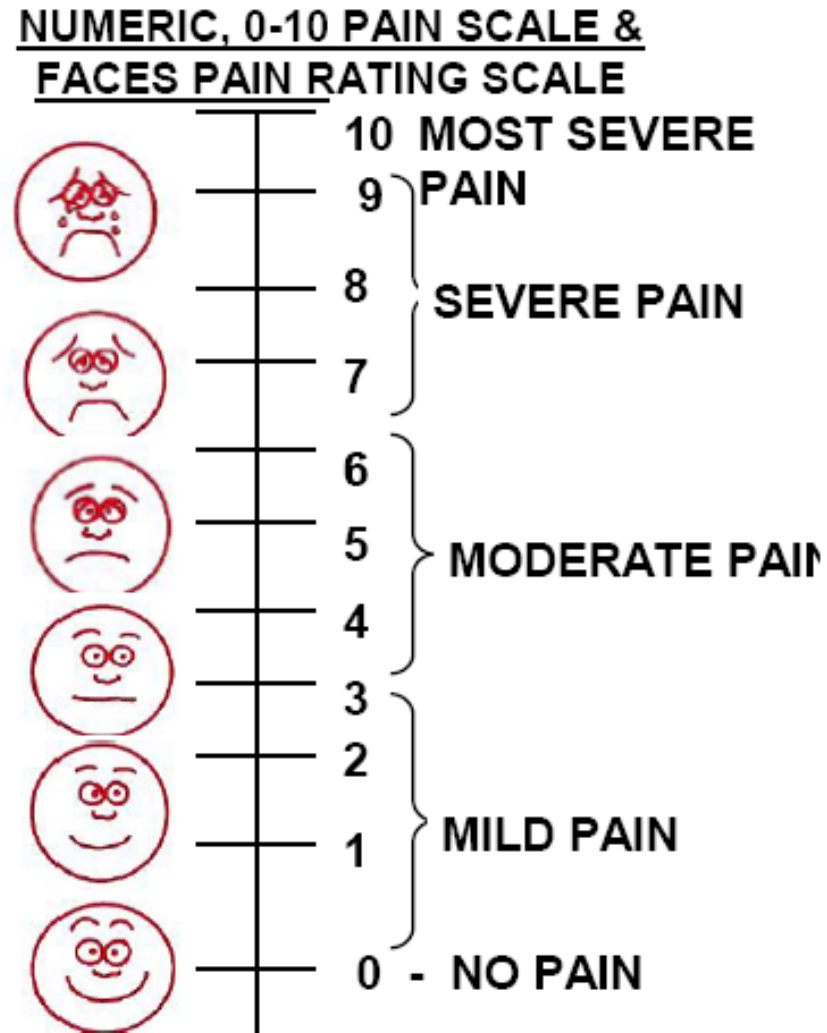
Monitor for
dizziness
and nausea
at first



Start pain
medication as
nerve blocks
wear off

*(vicodin, norco,
oxycodone, etc)*

Pain Scale Chart



How can your pain be controlled?



Nerve Blocks



Medication

Immobility may cause constipation.



Cold therapy



Keep muscles relaxed



Tips for Caring for Yourself.

Bathing

- Lean forward to wash under surgical arm
- Use long handle sponge or wash cloth to wash non-surgical arm
- Typically waterproof bandage
- Do not use surgical arm, let arm hang!

Dressing

- Use loose fitting or button-down shirts
- Slide sleeve up surgical arm first
- When removing shirt, remove from good arm first
- Remember to not use surgical arm!

Discharge.

- ✓ Have responsible person present for instructions from nurse and therapists
- ✓ Pain managed by oral pain medications
- ✓ Follow up in Doctor's office within 1-2 weeks
- ✓ Hand, wrist and elbow exercises as instructed

Ultrasling Abduction Brace.

There are **four** basic straps to your brace:

1. Neck strap
2. Waist strap
3. Elbow strap
4. Thumb strap



Taking Your Brace Off

- ✓ Unfasten Thumb strap



- ✓ Unfasten Elbow strap (Fold velcro back and fasten out of way)

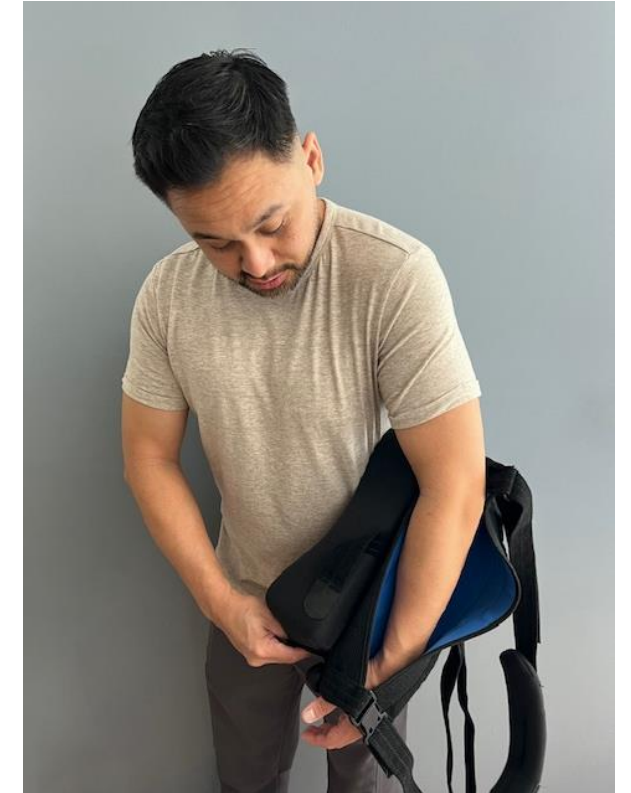


- ✓ Unbuckle Waist strap



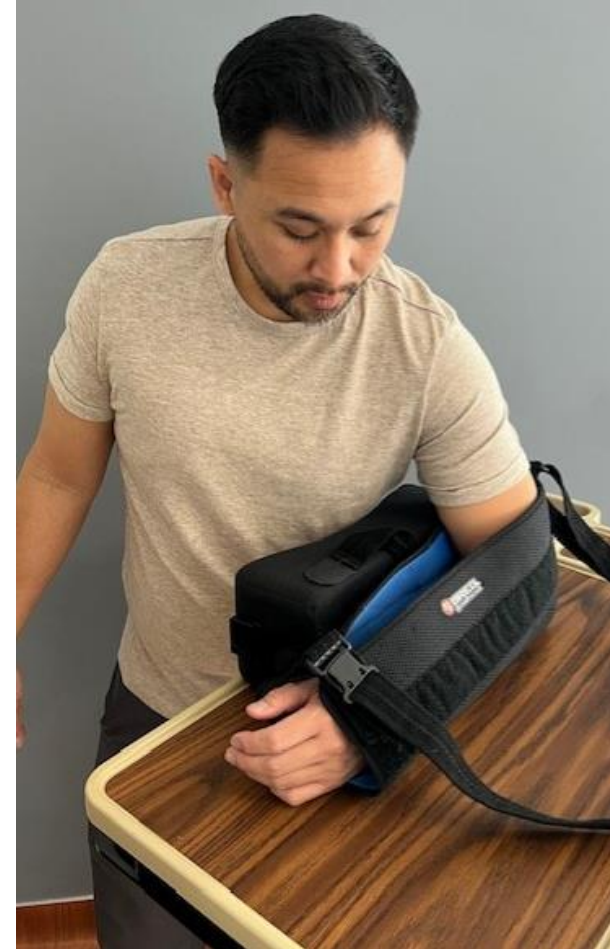
Taking Your Brace Off

- ✓ Rest arm on pillow or counter for support
- ✓ Remove Neck strap over your head
- ✓ Grab forearm with non-surgical hand
- ✓ Stand up straight lifting arm out of brace



Putting on Your Brace

- ✓ Lean forward
- ✓ Place surgical arm into brace (sitting on pillow or table)
- ✓ Be sure elbow is at back of brace
- ✓ Feed cord of cold therapy machine through brace (if applicable)



Putting On Your Brace

✓ Bring neck strap over your head



✓ Fasten waist strap



✓ Fasten small velcro straps at thumb and elbow




Brace Adjustment Tips

**Let's double
check!**

- ✓ Elbow is in the back of the brace.
- ✓ Hand is about as high as elbow.
- ✓ If arm is not supported enough, adjust neck strap at the back.
- ✓ Adjust or move Velcro if it is not comfortable

LET'S PRACTICE!



The image shows the exterior of the Hoag Orthopedic Institute building during the "blue hour" of dusk. The building is a multi-story structure with a prominent entrance canopy that has a semi-circular top. The canopy is supported by several columns and has a sign that reads "Hoag Orthopedic Institute" with a logo above it. The building's facade is a mix of light-colored panels and large glass windows that reflect the colorful sky. In the foreground, there is a paved plaza area with some landscaping, including bushes and palm trees. The overall atmosphere is calm and professional.

Thank you for choosing Hoag.
We get you back to you.