Shoulder Replacement
Patient Guidebook

Connecticut Orthopaedic Institute
St. Vincent’s Medical Center

St. Vincent’s Medical Center, 2800 Main Street, Bridgeport CT 06606
Welcome to the new Connecticut Orthopaedic Institute at St. Vincent’s Medical Center

On behalf of the Connecticut Orthopaedic Institute at St. Vincent’s Medical Center, we welcome you and extend our thanks for choosing us to be your orthopaedic surgery provider. We recognize you have a choice when deciding where to receive care and appreciate you giving us the opportunity to exceed your expectations.

Our goals are to ensure the highest standards of medicine and to provide a high quality experience for you. We are committed to keeping you informed, and helping you become an active participant in your healthcare. We will do everything possible to make your stay with us outstanding.

In this patient education guidebook you will find important instructions and information to prepare you for your upcoming surgery. The guidebook is intended to answer many of the questions you may have. It outlines the things you need to do before and after surgery. Planning tools, advice on medications, as well as diet and exercise recommendations are included. We encourage you to read the entire guidebook carefully.

Please keep in mind this is only a guidebook – your surgeon may specify certain aspects of your experience throughout this journey.
Joint Replacement Class

It is the expectation of your surgeon that you attend one of the joint replacement classes offered every month. For your convenience, these classes are offered at various locations and times. In the class, you will learn how to prepare for surgery and what to expect during your hospital stay. It is recommended that you attend class at least two weeks before your surgery.

Our Orthopaedic Navigators will be in touch with you to schedule your class and collect some information from you.

Please bring this guidebook and a family member or Coach with you to class.

Coach support is strongly encouraged throughout the process.

MY CLASS DATE: ________________________________

LOCATION: ________________________________
Pre-Admission Center (PAC)

The Pre-Admission Center (PAC), located at St. Vincent’s Medical Center, offers comprehensive pre-operative care for all patients scheduled for elective surgery. All patients must have a surgeon affiliated with Hartford HealthCare to participate.

SERVICES

• Pre-operative testing, including blood draw, EKG, and nasal screening.
• Anesthesia evaluation, if requested by the patient’s surgeon.
• Pre-operative history and physical for those unable to obtain an appointment with their primary care provider within 30 days of surgery. This includes those who have not yet secured a primary care provider and/or prefer to complete their pre-operative testing at PAC in a single visit.

APPOINTMENTS

• Patients may request an appointment at PAC by calling the appointment line at 475.210.5682

• Your surgeon’s office may schedule this appointment for you.

LOCATION

Pre-Admission Center
2800 Main Street, Bridgeport CT 06606
Phone: 475.210.5682
Fax: 475.210.5783

HOURS

• Monday to Friday, 8 a.m. to 3 p.m.
• Closed weekends and major holidays.
St. Vincent’s Mission and Vision

Our vision is to be nationally respected for excellence in patient care and most trusted for personalized, coordinated care.

At St. Vincent’s Medical Center, our mission is to provide quality, holistic care to all faiths in order to sustain and improve the health of individuals and communities. Our vision is to be nationally respected for excellence in patient care as we set the standard for care you can trust.
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Directions to St. Vincent’s Medical Center

St. Vincent’s Medical Center is located at 2800 Main Street in Bridgeport. It is easily accessible from the Connecticut Turnpike (I-95) and the Merritt Parkway (Route 15). The Medical Center occupies a city block in Bridgeport’s North End.

Via the Connecticut Turnpike from either direction—New Haven or New York

- Take Exit 27A in Bridgeport onto Route 8/25 toward Trumbull to Exit 4 (Lindley Street).
- Exit left on to Lindley and proceed three blocks to Hawley Avenue. Turn Left onto Hawley and proceed two blocks.
- Turn right into the driveway. The 10-story building is highly visible from Route 8/25.

Via Merritt Parkway (Route 15) from New York City

- Take Exit 48 onto Main Street and proceed 2.5 miles. The Medical Center is on your left.
- Turn left onto Hawley Avenue (first street past Medical Center) and proceed to the driveway on the left.

From Interstate 91-South

- Take I-91S to Exit 18, (I-691-W).
- Travel I-691 W to Exit 6 (Lewis Ave.).
- At end of exit ramp, take left to Main Entrance on right.

Via Merritt Parkway (Route 15) from New Haven

- Take Exit 52 onto Route 8 toward Bridgeport. Keep right after the merge with Route 25.
- Take Exit 5 (Boston Avenue) and bear left to Summit Street.
- Proceed on Summit and then turn left onto Main Street.
- Continue three blocks, passing the Medical Center on your left, and turn left onto Hawley Avenue.
- Proceed one block and turn left into the Medical Center driveway. Alternate route is to remain on the Merritt Parkway to Exit 48. Turn left on Main Street and proceed for 2.5 miles to Medical Center.
Lodging

Trumbull Marriott
Located four miles from St. Vincent’s, the Trumbull Marriott offers comfortable and convenient accommodations.

For online reservations: Marriott.com – use code: SSU If you are calling directly, please mention our St. Vincent’s rate.

180 Hawley Lane
Trumbull CT 06611
203.378.1400

Transportation

We understand that traveling to and from the hospital may be difficult for some patients. We have partnered with a local travel company to set up transportation for patients. If you have a transportation issue, please contact your Orthopaedic Navigator and they can help set up the necessary transportation needs to and/or from our facility.
Preparing Your Body for Surgery

Tobacco
Stop smoking at least six weeks before surgery. Smoking is a modifiable risk factor that can increase complications after surgery. Nicotine hinders the healing process and the bone needs to grow on the new implant. Smoking cessation education programs can help combat these complications and facilitate recovery. If you have not stopped smoking, your surgeon may postpone your surgery. For more information on smoking cessation, please contact our Orthopaedic Navigators.

Alcohol
NO alcohol use one week prior to surgery. Also, please inform your healthcare team of your drinking history because serious harm can result from alcohol withdrawal when not properly managed.

Dental care
If you need dental work, get it done at least two weeks before surgery. After a joint replacement, your surgeon may want you to take antibiotics before any future dental work. Depending on your dental history, your surgeon may require you to obtain pre-operative clearance from your dentist.

Nutrition
Proper nutrition is important before and after surgery. Proper nutrition will help ensure you have the strength for rehabilitation. You are encouraged to eat healthy, well balanced meals. Examples include:

- **Iron rich foods** (meat, fish, poultry, whole grain foods).
- **Vitamin C** to help absorb iron (multivitamins, juices and fruit).
- **High fiber foods** (raw fruits and vegetables, beans, whole grain foods).
- **Always drink** plenty of fluids.

Depending on your nutritional status prior to surgery, your doctor may request that you see a nutritionist.

A blood test performed prior to surgery is called Hemoglobin A1c. This measures how well your blood sugar has been controlled over the past three months. An elevated Hemoglobin A1c may cause your surgeon to postpone surgery in order to prevent complications.
Importance of Having a COACH

It is important that you choose a family member or friend to be your COACH. COACHes are people who help you throughout this journey. It should be someone who can assist with your daily activities in the immediate post-operative period, and when you return home. COACHes may be required to drive you to appointments or therapy sessions until you are cleared by your surgeon.

Here at St. Vincent’s we believe patients respond well to the assistance of their COACH. Their encouragement and support will help you progress during recovery. If you live alone, consider having a friend or family stay with you for the first few nights.

Coordinate
Orthopaedic
Awareness &
Collaborate
Healing
RecoveryCOACH™

An interactive online coach designed to help you feel prepared and comfortable throughout your surgical journey.

It's designed to help you every step of the way, right when you need it—before, during and after your surgery:

- Review educational materials prior to surgery.
- Communicate with your St. Vincent’s team about preparation for surgery, and then later, your recovery progress.
- Understand what to expect after surgery and manage your recovery with exercises and self-care.
- Share information with family members so they can better support you.

How do you access RecoveryCOACH?

Your orthopaedic navigator will automatically enroll you when your surgery is scheduled. You will receive an email with login instructions. This is a personalized tool you or a designated family member can use on any computer, tablet or smartphone.

For technical support, or to reset your password, contact the Help Desk at 1.833.419.2509 or patientcare@myrecoverycoach.com.

The mobile app is available for iPhone users on the App Store and for Android users on the Google Play Store. Search RC-COACH to download.

www.myrecoverycoach.com
Preparing Your Home for After Surgery

• Some patients may require equipment to help them after surgery. Our physical and occupational therapists will assist you in determining any assistive devices, also called DME, that you may need.

• The case manager will check with your insurance plan to verify which items are covered.

• For items not covered by insurance you may be able to purchase them online or at a medical supply company; also, many town senior centers have DME loaner programs.
Making Your Home Safe

Here are some things you can do before surgery to better prepare your home when you return from the hospital

- Remove all throw rugs, loose rugs, electrical cords and clutter from your hallways/walking areas as those pose an increased risk for falling.
- Count the number of stairs you have both in your home and outside. Take note of where the railings are located.
- Consider installing safety bars, especially in the shower/bathroom. There are both permanent and removable items that can be purchased at medical supply stores, home improvement stores, or drug stores like CVS/Walgreens/Rite Aid.
- Check your cabinets for items that you routinely use and place them at a level where you will not need to bend, reach, or use a step ladder to access.
- Make preparations for pets that may be underfoot. You will need assistance with pet care after surgery. It is also recommended that you avoid having pets sleep with you while your incision is healing.
- Make arrangements for your COACH (a family member or friend) to stay with you for the first few days once you return home from the hospital.
- Prepare easy to reheat meals in advance and stock your kitchen with groceries.
- Practice going through your daily routines of bathing, dressing, meal prep and eating, imagining your operative arm in a sling. This will help you prepare for any tasks you may need help with after surgery.

Blood Thinners Prior to Surgery

- If you are on a blood thinner CURRENTLY, you will be directed by your surgeon when you should STOP taking that medication BEFORE surgery.
- Once your surgery is completed, you will go back on blood thinners as directed by your surgeon.
- This will also be discussed with your surgeon at your pre-op visit or with the orthopaedic team as an inpatient.
Pre-op Showering Instructions

Bathing Instructions

Before surgery, you can play an important role in your own health. You can reduce the number of germs on your skin by carefully cleansing before surgery. Following the instructions provided will help you to ensure that your skin is clean before surgery to prevent infection.

You will need to shower with a special anti-bacterial soap called chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens or Dynahex, but any brand of CHG is acceptable to use.

You need to shower with CHG soap the night before surgery and in the morning before you arrive at the hospital.

You will receive a bottle of CHG soap at your pre-operative joint replacement class or when you visit the Pre-Admission Center. Below is a picture and instructions on how to apply the CHG soap.

**Caution: CHG is not to be used by people allergic to chlorhexidine.**

If you have an allergy to chlorhexidine please speak with your surgeon regarding alternative anti-bacterial soaps.

1. Using a CLEAN wash cloth, apply the solution to your body.
2. Wash completely from the neck down, avoiding the private areas.
3. Allow the solution to dry for two to three minutes.
4. Turn the shower back on and rinse off completely.
5. **DO NOT** use perfume, deodorant, powders, or creams after using the skin cleanser on the day of surgery.
6. Avoid shaving your armpit on the operative side for at least three (3) days prior to surgery. Any needed hair removal will be done at the hospital with surgical clippers.
Before Your Surgery

**DO NOT** eat anything eight hours prior to surgery. You may drink clear liquids up to two hours prior to arrival at the hospital. This includes water, Gatorade, Powerade, or apple juice.

**FOR DIABETIC PATIENTS:**
We encourage you to substitute G2, a low sugar version of Gatorade.

- No food, hard candy, or gum.
- Water is allowed up until two hours prior to arrival at the hospital.

The Morning of Your Surgery

- You may brush your teeth.
- **DO NOT** use perfume, deodorant, powders, creams, makeup.
- Wear comfortable clothing that is easily removed. After surgery, it is recommended to wear loose fitting tops that button in front and elastic waist pants. Ladies will find a front closing bra easier to wear.
- Wear comfortable non-skid or rubber soled shoes.
- **DO NOT** bring any equipment (canes, walkers etc.) to the hospital unless you currently require them to walk. **If your surgeon provided you with a shoulder sling or immobilizer, **DO remember to bring it with you to the hospital.

Important Medication Instructions:

Your surgeon will instruct you about which at-home medications are **safe** and which are **not safe** to take on the morning of your surgery.

If you are instructed to take medications the morning of surgery please do so with water.
Items to Bring to the Hospital

Two forms of Identification

- Picture Identification.
- Insurance Cards.
- A list of all your medications, including doses, supplements and over-the-counter medicines.
- Eyeglasses with case (NO CONTACTS).
- Hearing aids with case.
- Cell phone, tablet, Kindle etc...
- **DO NOT** bring large amounts of money or any valuables. Please bring a form of payment for any surgical copays or prescription copays if you would like to use our Outpatient Pharmacy for your discharge medications.
- **DO REMOVE** all jewelry (wedding rings must be removed).

Money | Valuables/Jewelry
--- | ---
[Image of no symbol for money] | [Image of no symbol for valuables/jewelry]

Clothing/Footwear

- Loose fitting clothes – tops that button in front, front closure bra, loose bottoms with elastic waist.
- Slip resistant shoes (rubber sole).
- **NO** open back shoes.
- If your surgeon provided you with a sling or immobilizer, please be sure to bring that with you to the hospital on your day of surgery.

CPAP/BiPAP

- Please bring your device with you along with your home mask or mouth guard. You will be more comfortable with the machine you use daily.
Valet Parking Services

St. Vincent's offers all patients convenient access to the hospital with free valet service provided by LAZ Parking.

**Valet parking business hours**
- 5am to 8pm, Monday to Friday.

**Valet parking during business hours**
- Patient vehicles that pull up to the curb outside the main entrance will receive a ticket from a parking ambassador.
- All valet vehicles will be parked on the campus.
- When it is time to retrieve your car, return to the valet podium with your valet ticket.

**How to retrieve your vehicle after business hours**
- Any keys left after 8pm will be turned over to the Security Department.
- Please ask any staff member to call Security at 210-5543 for assistance – have your valet ticket available.
Arriving at St. Vincent’s Medical Center

When you arrive at St. Vincent’s Medical Center, you may park yourself or use the free valet service. Enter through the Main Entrance and take the Main Lobby elevator to the third floor Galleria. The Registration Associate will check you in and verify your information. It is important to have your identification and insurance cards with you. Once you are checked in, please remain in the Galleria until the team calls for you.

A staff member will escort you inside the Pre-op Holding Area and begin asking questions about your health history. You will be asked to change into a hospital gown and there is a brief physical exam. Your family or COACH will join you once this is completed. Your nurse will start an IV in your arm. The anesthesia team will introduce themselves and explain their part of the procedure. Your surgeon or the physician assistant working with your surgeon will talk with you and mark the surgical site with a special pen. Please **DO NOT** mark yourself; regular pens interfere with cleansing preps and may leave tiny openings that allow germs to enter.

You will be provided with chlorhexidine wipes and an oral rinse as part of the infection prevention protocol. Your nurse will explain how to use them and apply an anti-microbial solution (povidone-iodine) to the inside of your nose as a final step before entering the OR.

When it is time to enter the Operating Room, your family member or COACH will be directed to the waiting area. Your surgeon will contact a family member or person chosen by you after the surgery.
Meet Your Team at St. Vincent’s Medical Center

Surgeon: The surgeon is the doctor who is responsible for evaluating the need for surgery and performing the surgery itself. They will manage your orthopaedic care during your hospitalization and in the office for three (3) months following surgery.

Hospitalists: Hospitalists are internal medicine physicians, physician assistants or nurse practitioners who specialize in seeing patients only in the hospital. Hospitalists have the same training as other internal medicine doctors including medical school, residency training, and board certifications. A hospitalist may be included to assist in managing any medical concerns during your hospital stay.

Advanced Practitioners: These are healthcare professionals including Physician Assistants (PAs) and Nurse Practitioners (APRNs) who practice under the supervision of a physician. When your surgeon is not available for immediate hands-on care, the PA or APRN will round daily on patients to assist with medication adjustments, dressing changes, and test-result monitoring. They will communicate daily with the orthopaedists on patient care needs. At SVMC, we have a dedicated team of Orthopaedic Physician Assistants on-site 24 hours per day, 7 days per week. The hospitalist team includes PAs and APRNs who are also available with 24 hour coverage. The anesthesia team also includes APRNs.

Anesthesia Team: This team is responsible for safely administering and monitoring anesthesia during surgery and in the recovery room. They will monitor you during your postoperative care for any issues related to anesthesia.

Nurses: Nurses are essential to care in the recovery of all patients after surgery in both the recovery room and on the orthopaedic floor after surgery. They have expertise in the care of orthopaedic patients and your postoperative needs. Many of our nurses have an orthopaedic certification – a mark of excellence among those in the profession who are committed to providing the best care for orthopaedic patients.

Clinical Care Associate: Under the direction of a licensed nurse, the clinical care associate performs vital sign monitoring and provides bathing and toileting assistance.

Physical Therapists/Occupational Therapists: Physical Therapists are trained providers who teach patients and families how to walk and exercise after surgery to regain mobility and improve overall physical strength and ability. Occupational Therapists work with you to ensure you can accomplish daily activities like bathing and dressing with any physical limitations during the recovery process. Both will ensure you follow any activity precautions you may have as directed by your surgeon.

Case Management and Orthopaedic Navigators: These are licensed staff that assist in the planning, coordination, and monitoring of medical services for the patient with emphasis on quality of care, continuity of services and cost effectiveness. Our Orthopaedic Navigators will be in contact with you prior to surgery, throughout the process, and then up to 90 days after your surgical procedure. Your navigator is there as a resource for you; please do not hesitate to call with any questions before, during or after your hospital stay. Ortho Navigators work as a team and will be assigned to you based on which pre-op class you attend.
Anesthesia

There are a few anesthetic techniques that may be chosen for total shoulder replacement surgery. You and your anesthesiologist will discuss all necessary factors prior to surgery and agree upon a plan for your anesthetic. You will be closely monitored by your anesthesia team throughout your entire procedure.

Regional Anesthesia
• This is a technique that will numb a particular area or region of the body. In addition, sedating medication is provided so you will be asleep throughout the surgery.

General Anesthesia
• This type of anesthesia affects the whole body. You are completely unaware of your surroundings and will not respond to stimulation. General anesthesia requires intubation, where a breathing tube is inserted to support you throughout the procedure.

Peripheral Nerve Block: This technique is used on most patients to help with pain relief after surgery. Your anesthesiologist will review this with you and may administer this in the Pre-Op area. It can cause numbness to your arm that will last up to 48 hours. Nerve blocks can be given with both types of anesthesia used during the procedure.

Duration of Surgery

Your surgery will last approximately one to two hours. Once the surgery has been completed your family member will be notified by either a phone call or text by an OR staff member. The surgeon then calls or meets with your family member and updates them on your progress.
Recovery – PACU

- The **Post-Anesthesia Care Unit** is also referred to as PACU.
- After your surgery you will be brought to the PACU, where you will be closely monitored as anesthesia wears off.
- The length of stay in the PACU will be determined by many factors including the type of procedure and the anesthetic used. You may be in the PACU up to two hours depending on your clinical need.
- We may ask that visiting time be limited.
- Please note that no food or drink is allowed for visitors.

While you are in the PACU, the nurses will monitor your blood pressure, temperature, respi-rations, heart rate and oxygenation levels, as well as continually assess your pain level.

Once the staff determines that you are ready to be transferred to your inpatient room, they will contact the unit and provide a report of your surgical case and time spent in the PACU.
Welcome to the Inpatient Unit!

Congratulations! You are now ready to start the journey to recovery. Once you have been transported to the inpatient unit, you will be greeted by staff members who will provide direct care to you in the hospital.

These staff members include your nurse, certified nursing assistant, physician assistant, physical therapist, and occupational therapist. They will help you get settled in your room, perform assessments and notify your family member when it is safe to enter your room. You will be working with both physical and occupational therapy on your day of surgery.
Mobility

Mobility is Medicine

Research has shown that early mobilization following surgery can decrease complications. Mobilization (getting in and out of bed, going to bathroom, transferring to a chair) will happen on the day of surgery.

<table>
<thead>
<tr>
<th>Mobility Includes</th>
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<tr>
<td>Transfers (includes car transfer training)</td>
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Getting Started

- You will receive a Physical and/or Occupational Therapy evaluation and a customized therapy program will be developed.

- **DO NOT** get out of bed without the assistance of a healthcare team member for toileting, transfers, or walking.
Your Hospital Stay

Pain Management: Keeping You Comfortable
You will experience surgical pain following surgery. However, we will work with you to help manage your pain appropriately. If you are in pain or discomfort, please tell us.

Good pain control takes a partnership between you and your caregivers. Managing your pain will help you recover more quickly.

Our Goals:
• Develop a pain relief plan.
• Decrease pain to a level that is tolerable.
• Determine if pain medication is needed and the appropriate amount.

Pain Assessment
• To help us minimize your pain after surgery, you will be asked to rate the intensity and type of your pain through the use of a pain scale of zero to 10 (zero is no pain, 10 is excruciating pain).

• Realistically, a pain score of zero is not attainable after surgery, but a score between a four or five is an attainable and acceptable score for most patients.

• It is best if you obtain medication when your pain level starts to rise. Do not allow your pain to get severe. If you maintain pain control, it takes less medication and less time to manage the pain.

**Pain Scale (0 – 10)**

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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<tbody>
<tr>
<td>0</td>
<td>Pain is present but does not limit activity</td>
</tr>
<tr>
<td>1-2</td>
<td>Can do most activities with rest periods</td>
</tr>
<tr>
<td>3-4</td>
<td>Unable to do some activities because of pain</td>
</tr>
<tr>
<td>5-6</td>
<td>Unable to do most activities because of pain</td>
</tr>
<tr>
<td>7-8</td>
<td>Unable to do any activities because of pain</td>
</tr>
<tr>
<td>9-10</td>
<td></td>
</tr>
</tbody>
</table>
Lung Exercises – Coughing and Deep Breathing

You will be encouraged to perform simple lung exercises like deep breathing and coughing after your surgery. This prevents lung complications, like pneumonia, from occurring.

What is an incentive spirometer?
- An incentive spirometer helps with deep breathing.
- It is best to use it five to ten times every hour when awake for the first few days after surgery.

Blood Clot Prevention

- Deep venous thrombosis (DVT) is a blood clot in a vein. This could occur in either leg. The biggest danger is that a clot breaks off and travels to the lungs. This is known as a pulmonary embolism (PE) and it can be life-threatening.
- Signs and symptoms of a blood clot might be:
  - DVT (clot in the leg) - calf pain and/or, swelling, warmth, redness, numbness/tingling.
  - PE (clot in the lungs) - difficulty breathing, shortness of breath, chest pain, fast heart rate.
- Frequent walking is important for blood clot prevention.
- Avoid sitting or lying in one position for long periods of time.
- In some cases your surgeon may prescribe an anticoagulant or blood thinner after surgery. It is important to take this medication as prescribed.

Sequential Compression Sleeves
These sleeves are placed on your calves after surgery. They inflate and deflate automatically and assist in the prevention of blood clots. They are worn while you are in bed during your hospital stay.
Shoulder Exercises

PLEASE NOTE: Your surgeon and your occupational therapist will discuss with you what exercises you are allowed to do AFTER surgery.

PRIOR TO SURGERY: You are able to perform all of these exercises (to the best of your ability). This will aid with muscle memory and help your rehabilitation after surgery.

**Pendulums**
- Stand while holding onto a counter or table. Let your operated arm hang down.
- Use your body weight to swing it forward then backward.

**Pendulums Alternate**
- Stand while holding onto a counter or table. Let your operated arm hang down.
- Swing your arm in a clockwise circular motion, then try it in a counter-clockwise direction.
Hand & Wrist Exercises

Finger Flexion/Extension
• Open your hand, spreading your fingers wide. Then curl your fingers into a fist position.

Elbow Flexion/Extension
• Place your arm on the arm rest with your palm facing up.
• Slowly bend your elbow as far as you can, then bring it back down to the starting position.

Wrist Flexion/Extension
• Place your arm on the arm rest with your palm facing down, and then flex your wrist up and down.
• Next, turn your arm so that your palm is facing up and flex your wrist up and down.
Transitioning Home

Medication Instructions

• You will be provided instructions about your medications to take after surgery. This will include a list of previous, as well as new medications.

• Take all medication as prescribed by your doctor.

• Remember to check with your physician before you begin taking any over-the-counter medications, herbal remedies, and/or supplements.

• Avoid alcoholic beverages while you are taking pain medications.

• Pain medications will be prescribed after surgery. In an effort to reduce the use of opioid medication, your doctor may also prescribe other medications like muscle relaxers and anti-inflammatory medications. Treating pain in a variety of ways is called “multimodal analgesia.”

• Constipation can occur secondary to narcotic pain medications. Increase your intake of water and add additional fiber to your diet. You may also need to take stool softeners and/or laxatives as needed.

• Ask your care team any questions you may have regarding your medications and associated side effects. A pharmacist is also available to talk with you while you are in the hospital.

Showering/Bathing

• Keep your incision dry at all times.

• You may shower when your surgeon instructs you to do so. When you are able to shower, do not rub the incision.

• Try to avoid aiming the shower spray at your waterproof bandage or the incision once the bandage is removed.

• NO tub baths, hot tubs, spas, or pools until approved by your surgeon.

• You will receive written instructions when you are discharged about incision care and showering.
Exercise

- Please follow the exercise plan that your doctor, physical therapist and/or occupational therapist have established for you.
- Your recovery process and continued health depends on good nutrition, rest and proper exercise.
- It is important to walk daily for short distances and frequently.
- There are no limitations to walking; however, you should avoid long distances, power walking, and treadmills.
- Keep pets away from you when you are walking as they may cause falls or twisting.
Surgical Dressing/Bandage

• Most patients will leave the hospital with a waterproof dressing covering the incision. This type of dressing can stay on for seven (7) days.

• Your nurse will discuss proper care of your dressing, as well as provide directions in your after-visit summary.

• This will also be included in your written discharge instructions.

• If skin glue was used, please leave it alone and let it release on its own.

• Do not apply creams, powders or lotions to your incision or the surrounding area.

• Do not scrub or soak your incision until cleared by surgeon.

• After your dressing is removed, the incision usually remains uncovered. It is important to wear a clean, freshly washed shirt every day while your incision is healing. Use a clean towel to dry your incisional area after every shower.
Other Important Information

- Continue to wear your compression stockings as instructed. The length of time will be determined by your surgeon.
- Some degree of swelling is expected after shoulder replacement surgery.
- Always follow your surgeon’s directions in exercising the affected arm and wearing your sling/immobilizer. Apply ice to your shoulder for short intervals throughout the day.
- You will not be able to drive after shoulder surgery until your surgeon approves it.
- You will most likely return to all your normal activities about six to eight (6-8) weeks after surgery.
- It is essential that you inform your dentist that you have had a total joint replacement, as you may need preventative antibiotics prior to having your teeth cleaned or other dental procedures.
- If you have any procedures following your shoulder replacement, inform that doctor that you have an implant. Your shoulder replacement surgery is now an important piece of your past medical history.

Transitioning Home

Length of Stay

Our goal is to have you recover at home as soon as possible in a familiar and comfortable setting. The expectation for a shoulder replacement is an overnight stay in the hospital. Once your physical therapist and occupational therapist have completed their evaluations and you are deemed safe to return home, the staff will begin the discharge process.

- PLEASE NOTE: length of stay in the hospital is based on medical necessity and not physical capabilities.

Patients are responsible for making their follow-up appointment with their surgeon post-operatively. Most visits occur two weeks after surgery.
Home Care Services

This service will be arranged by your case manager before leaving the hospital. Not all patients will require homecare services. Some may have Outpatient Physical Therapy which will be arranged by the surgeon's office. It is rare that a stay at a rehabilitation center is needed after shoulder surgery. This is based on medical necessity and must be authorized by your insurance. If this is recommended, your case manager will help make arrangements for rehab.

Outpatient Pharmacy

St. Vincent’s Medical Center offers an Outpatient Pharmacy for your convenience, located just off the Main Lobby

We can fill your discharge medications here for pickup or delivery to your bedside, to eliminate stopping on your way home. The Outpatient Pharmacy is open Monday through Friday, 7am to 7 pm. Most insurance plans are accepted along with all forms of payment for any copays you may have. Any refills can be transferred to your home pharmacy. In addition to the Meds 2 Beds delivery program, a pharmacist can talk with you about your medications while you are in the hospital.

Please let your care team know if you would like to use the Outpatient Pharmacy. You can call the Outpatient Pharmacy at 203.576.5713.

Don’t Forget!

• It is important that you fully understand your transitional care plan to ensure your continued healing, safety, and comfort. You will receive these instructions in writing before you leave the hospital.

• Before you leave the hospital ask questions about all of your medications. Be sure you know what medications are being prescribed, the proper dosage, how, and when to take the medication. You will receive written instructions as well as information about any potential side effects.

• Be informed about your health condition (ask the care team if you do not understand any information shared with you) and what you can do to help facilitate your recovery.

• No driving while on narcotic pain medication. Your surgeon will let you know when you can resume driving.
Congratulations!

You are well on your journey to recovery! Thank you for trusting us with your care.

Should you have any questions before or after your procedure please do not hesitate to call our Orthopaedic Navigators, Jenna Calderone at 860.414.9508 or Tashua Malino at 203.707.9597.