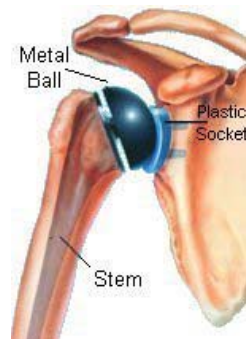


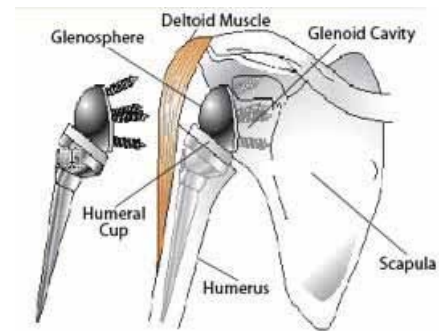
Patient Education Shoulder Replacement Surgery

Dear Patient:

Your doctor has scheduled you for shoulder surgery. Shoulder joint replacement is a major surgery where the joint surface and underlying bone are replaced with an artificial joint (prosthesis) made of metal and polyethylene. By replacing your damaged shoulder joint during this surgery your doctor wants to decrease shoulder pain and to increase movement of the shoulder.



Normal Shoulder Replacement



Reverse Shoulder Replacement

Before your surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger or toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Please inform the hospital nursing staff of all your prescription medications, over the counter and/or herbal supplements which you are currently taking.
- ❖ Your doctor, anesthesia, and you will determine the type of anesthesia you will receive. You will receive general anesthesia which makes you sleep through the surgery. You may also have a local anesthesia block which will help with pain following the surgery.
- ❖ A nurse anesthetist will visit with you regarding the type of anesthesia you will receive. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started, using local anesthesia, in the Same Day Surgery area.
- ❖ You will have TED hose applied to your lower extremities to help decrease the chance of blood clots.
- ❖ You will be asked to mark the affected shoulder with a marker.
- ❖ Your shoulder may be washed with betadine solution prior to surgery. If this is not done in the Same Day Surgery area, it will be done in the surgery room. The affected shoulder will be shaved prior to surgery.

During your surgery

You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. If you have a local anesthesia, the anesthetist will give you medication through your IV which will make you drowsy for a short period of time. If general anesthesia is given, the anesthetist will give you medications through your IV which will make you sleep through the surgery. Your doctor will make a 4 to 5 inch incision in your shoulder. The damaged shoulder joint is removed, and then the prosthesis is inserted. The incision will be closed with suture, steri-strips, and possible skin staples.

If you had general anesthesia, you will go to the recovery room to awaken. You will be monitored in the recovery room for at least 1 hour.

After your surgery

- ❖ You will be taken to your room for further monitoring. You will be encouraged to cough and deep breathe frequently.
- ❖ You will have an IV for fluids and medications.
- ❖ The nurses will check your vital signs, dressing, and circulation every 4 hours.
- ❖ You will have a foley catheter for 12 hours after your surgery. This is a tube placed into your bladder to keep it empty of urine, thus you will not need to get up to the bathroom. After it is removed, you will need to be assisted to the bathroom. Please press your call light and ask for assistance when getting up.
- ❖ You will have a dressing over your incision.
- ❖ You will have an arm sling or arm immobilizer on the affected shoulder/arm. Your doctor does not want you to use the affected arm until he gives you instructions to do so.
- ❖ Lab may draw blood for tests.
- ❖ You will continue to wear your TED hose until you are ambulating.

Pain/Medications:

- ❖ Your doctor has pain medication available for you upon request. **DO NOT** take pain medication on an empty stomach.
- ❖ You will have antibiotics given for the first 2 days after surgery.
- ❖ You will have medication ordered for nausea if you need it.
- ❖ You may also have a wound infusion pain pump to help with your shoulder pain.

Diet: You will be given water to drink after your surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin slowly advancing to a normal, well-balanced diet.

Activity:

- ❖ **Do not use your affected arm until instructed by your physician.** Use the arm immobilizer as instructed.
- ❖ Physical therapy will work with your affected shoulder and give you exercises needed.
- ❖ You will be encouraged to walk after your surgery.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may still feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

After Dismissal

Activity:

- ❖ You will need to have someone drive you home from the hospital. Go directly home and keep all follow-up appointments with your doctor.
- ❖ **Do not use your affected arm until instructed by your physician.** Use the arm immobilizer as instructed.

Pain: The doctor may order pain medication for you to take. Please take as directed. **DO NOT** take with alcohol. Drink extra water or juices when taking a prescription pain medication to prevent constipation. A non-aspirin pain reliever, such as Tylenol or Ibuprofen can be taken for minor pain.

If you go home with a wound infusion pump, instructions will be given upon dismissal.

Dressing: Remove the dressing when instructed. Keep the dressing clean and dry. When the dressing is removed, place bandaids over the sites.

If you have any of the following, call your doctor.

- ⊗ Increase redness or swelling around the incision
- ⊗ Yellowish, green, or foul smelling drainage from the incision
- ⊗ Temperature greater than 101 ° F.
- ⊗ Chills or other flu like symptoms
- ⊗ Increase in severity of the incision pain
- ⊗ Bleeding through the dressing (dressing is saturated with blood)

Please refer to your dismissal instructions for further information.