

SHOULDER REPLACEMENT

PREPARING FOR SURGERY

- **Learning about shoulder replacement surgery:** Please refer to the included written information about shoulder arthroplasty. Liftmyarm.com is a patient-friendly website which provides general information about the procedure and answers commonly asked questions.
- **Pre-registration at hospital or surgery center:** Once you have been given a surgery date and facility, you will receive an email with the phone number and/or website to preregister. The facility will then be able to determine which labs and/or tests will be needed prior to surgery.
- **Medical Clearance:** If you have been asked to obtain a Medical Clearance from your primary care provider or specialist, please make this contact as soon as possible. You will not be able to schedule a date for surgery until the Swift Shoulder Institute has received the Medical Clearance form indicating that you are safe to proceed with surgery.
- **Clothes:** Taking on and off your shirt can be challenging after shoulder surgery. We recommend obtaining several loose or button-up shirts which can be worn on the day of surgery and for several weeks beyond while you are immobilized in your sling.
- **Recliner/Pillow wedge:** After surgery, you may be more comfortable sleeping in an upright position. You may consider obtaining a recliner or a wedged pillow. It is recommended that you sleep in an upright position while the nerve block is in place (12-60 hours after surgery) as you may feel short of breath when lying flat.
- **Purchase Aspirin:** You will be asked **AFTER** surgery to take 81mg Aspirin twice daily for 2 weeks. Do not take aspirin or traditional NSAIDs (ibuprofen/naproxen) for seven days prior to surgery as these medications increase risk for excessive bleeding.
- **Cold Therapy:** Ice is strongly recommended after surgery to decrease swelling and help control pain. A simple bag of ice or frozen gel pack is adequate in most cases. However, if you would like more information on a cold therapy machine, please contact the providers below regarding insurance coverage and rental/buying options.
*Please see attached flyer for more information regarding these devices.
 - **Game Ready - Michelle Turri** (775)848-5415
 - **Kodiak - Pacific Medical** (775)525-0851

- **CT Blue Print:** A CT Blue Print is an advanced imaging study that is helpful as a planning tool in some joint replacement cases. Please schedule your CT Blue Print study at least 7 days prior to surgery.
 - If your insurance is contracted with Reno Diagnostic Center (RDC), they will contact you to schedule. If you do not hear from RDC within one week, please call (775) 323-5083 to schedule the study.
 - If your insurance is contracted with Renown, please call Renown radiology (775) 982-8100 to schedule. Allow 2-3 days after your office visit before calling Renown to allow adequate time for the order to arrive and be processed.
- **Immunizations (flu/COVID/pneumonia):** Please do not have any vaccines two weeks before or two weeks after surgery.

PRE-OPERATIVE VISIT

- **Pre-op office visit with Dr. Malcarney:** You will be scheduled for a pre-operative office visit within 30 days of surgery. Specifics of your procedure and pre/post-op medication use will be reviewed.
- **Physical Therapy prescription:** You will receive a prescription for physical therapy at your pre-op office visit. We recommend that you contact a physical therapy facility approved by your insurance plan to schedule your initial visits. Please call as soon as possible as to avoid delay or scheduling problems. Physical therapy is typically prescribed to start two weeks after surgery and extend for 6-16 weeks postop and sometimes beyond.
 - If you are having a Primary Total Shoulder Replacement, it is recommended to start physical therapy approximately two weeks after surgery.
 - If you are having a Reverse Total Shoulder Replacement, it is recommended to start formal physical therapy approximately six weeks after surgery.
- **Pain Medication prescription:** A prescription for pain medication will be sent to your pharmacy of choice. If you are under contract with a pain management clinic, please communicate with your pain management provider that you are having surgery so your prescription can be adjusted as necessary.
- **Post-op office visit with Dr. Malcarney:** You will be scheduled for a post-operative appointment 10-14 days after surgery. Sutures will be removed at that time. An x-ray will be performed. Specific details of your procedure and anticipated recovery will be discussed.

PRIOR TO SURGERY

- **Medications:** Please refrain from taking the following medication seven days prior to your procedure as they may cause increased bleeding during your procedure. Such medications may be resumed at any time after surgery.
 - Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Indomethacin or any other anti-inflammatory pain medication.
 - Fish oil and herbal supplements
 - It is OK to take Tylenol (acetaminophen) and/or Celebrex prior to surgery.
- **Blood Thinners:** If you are taking a blood thinner (i.e. Coumadin, Xarelto, Pradaxa, Plavix, Eliquis) please discuss with the prescribing physician, and confirm with our office at your pre-op appointment, a plan to stop and re-start your blood thinner. All patients on a prescription blood thinner other than aspirin require a medical clearance from the prescribing physician prior to surgery.
- **Constipation:** With the use of pain medication, some may experience constipation. If you have a history of trouble with constipation, you may want to start a stool softener 2-3 days prior to surgery and eat a high fiber diet.
- **Confirmation phone call:** You should receive a call the day before your surgery to confirm check-in time.

THE DAY OF SURGERY

- **Eating/Drinking:** Please have nothing solid to eat after midnight the night before surgery. You may have clear liquids up to 2 hours prior to surgery **check-in time**.
- **Clothing:** Wear a loose fitting or button up shirt to surgery as it will be easier to put on with your sling after surgery.
- **Nerve block / Anesthesia:** In most cases, an interscalene nerve block is performed by the anesthesiologist 30 minutes before your procedure. You will also be asleep for the procedure under general anesthesia. You should not feel much pain when you wake up from surgery due to the effects of the nerve block.
- **Surgery:** A shoulder replacement typically takes two hours to complete.

- **Recovery:** You will spend 2-3 hours recovering in the hospital after surgery. Your family/support member will be called in for the last hour of your recovery for review of post-operative instructions.
- **Sling:** You will wake up from surgery with your arm in a sling. It will be adjusted prior to your discharge home to assure a proper fit.
- **Going home:** Most patients go home the day of surgery. Post-operative instructions will be given by the recovery room nurses and/or a physical therapist.

AFTER SURGERY

- **Nerve Block:** The effects of the nerve block may last from 12-60 hours depending on the medication used. You may need to sleep in a reclined position for the first few days as the nerve block may cause shortness of breath when lying flat.
- **Dressings:** Keep your dressing clean after surgery. You will have a waterproof adherent dressing placed at the time of surgery. Change your dressing one week following surgery. Please inspect your incision for any surrounding redness or drainage. You may clean the edges of the wound with soap and water if necessary. Then, place a new clean dressing over your incision. The hospital will provide you with an extra bandage prior to your discharge. If the dressing edges pull off prior to post-op day #7, or if your dressing becomes saturated with blood or fluid, you may replace the dressing earlier. Please continue to keep incision covered until your first post-operative appointment. At your first post-op appointment, your dressing will be removed. You will not have any staples or sutures as your incision is sutured and glued closed in most cases. You will not need to cover your incision after your first post-op appointment.
- **Bathing/pools:** You may shower at any time after surgery with the waterproof dressing in place. Please do not submerge your incision in a hot tub, pool, or bath until at least six weeks after surgery with no remaining scab.
- **Compression Hose/TED hose:** Compression hose/TED hose will be placed on your legs prior to surgery at the hospital. Please keep these on for at least 2 days. These are helpful in prevention of blood clots.
- **Ice:** Use ice or cold therapy to your shoulder as you feel necessary to help with the pain and swelling. Typically, this is 20 minutes on and 20 minutes off for ice. Cold therapy units can be used as directed.

- **Sling:** Please wear your sling. You may carefully remove the sling when awake and seated. You may remove the pillow portion of the sling after 2 weeks. If you have questions regarding your sling i.e. how to wear sling, broken pieces or need a replacement, please contact Pacific Medical at 775-525-0851.
- **Activity:** It is ok to come out of sling and move your elbow, wrist and hand. Please do not lift anything heavier than a cup of coffee on your operative side. Codman/pendulum exercises are encouraged 3-5 times a day, please see attached sheet on how to perform these exercises. You will need to remove the sling to perform these exercises.
- **Pain Medication:** Take your pain medication as needed and prescribed. Do not drive or operate machinery while taking narcotic pain medication. You may resume anti-inflammatory medicine any time after surgery. Please take medication with food as this will help avoid stomach upset.
- **Driving:** Please arrange a ride to and from the hospital/surgery center the day of surgery. You may drive as soon as you are off pain medication and feel comfortable behind the wheel.
- **Aspirin:** Please take 81mg Aspirin twice daily starting the morning after surgery and continue to take for 2 weeks.
- **Physical Therapy Protocols:**

Total Shoulder Arthroplasty: Start PT 2 weeks after surgery

0-6 weeks: Wear sling. Perform pendulum exercises 2-3 times per day at home.

6-12 weeks: We will discontinue your sling and start active range of motion activities and wall walks. Do not lift heavier than 5lbs with your operative shoulder.

12-16 weeks: Do not lift heavier than 10lbs with your operative shoulder.

16-24 weeks: You may advance your activities and lifting as tolerated.

24+ weeks: No routine lifting > 25 lbs. No push-ups, flat bench press or planks.

Reverse Total Shoulder Arthroplasty: Start PT 6 weeks after surgery

0-6 weeks: Wear sling. Perform pendulum exercises 2-3 times per day at home.

6-12 weeks: Discontinue sling. Start physical therapy. Start active range of motion. Maintain a 5lb lifting restriction.

12-16 weeks: Progress range of motion and strengthening, with a 10lb lifting restriction.

16-24 weeks: Progress strengthening, and activities as tolerated.

24+ weeks: No routine lifting > 25 lbs. No push-ups, flat bench press or planks.

- **Restrictions:** It is recommended that you refrain from repetitive lifting of 25lbs or more for lifetime. Occasional heavy lifting is permitted. Please also refrain from pushups, flat bench press and planks.
- **Dental Procedures:**
 - If you are having a dental procedure such as a cleaning that is not an invasive dental procedure (manipulation of gingival tissue or periapical region of teeth or perforation of the oral mucosa) you do not need to take an antibiotic.
 - If you are having an invasive dental procedure (manipulation of gingival tissue or periapical region of teeth or perforation of the oral mucosa) AND you are immunocompromised, diabetic or have had a previous joint infection, please contact our office to discuss the need for antibiotics.
 - Please refrain from dental procedures for 2 weeks prior to your shoulder surgery and for 3 months after surgery.
- **Colonoscopy/Cystoscopy:** If you are immunocompromised, diabetic or have had a previous joint infection, please contact your Gastroenterologist/Urologist to discuss the possible need for antibiotic treatment or contact our office for recommendations.

Shoulder Institute		775-436-0000				
Stephanie S	Medical Assistant	775-436-0000		sspencer@theswiftinstitute.com		
Staci D.	Medical Assistant	775-436-0000		sdavis@theswiftinstitute.com		
Nelly	Medical Assistant	775-436-0000		JBasaves@theswiftinstitute.com		
Bre	Surgery Scheduling	775-567-3278		bwildman@theswiftinstitute.com		
Fax		775-996-4456				
Appointment scheduling/billing		775-436-0000				
Swift MRI scheduling		775-507-4690				
PacMed (Kodiak or sling)		775-525-0851		Rehab-Reno@pacmedical.com		
Game Ready	Michelle	775-848-5415		michelle_turri@yahoo.com		
Sugery Center of Reno		775-336-6900		www.surgerycenterofreno.com		
Renown South Meadows(Pre-Admit)		775-982-3993				
Northern Nevada Medical Center (Pre-Admit)		775-356-4529				