

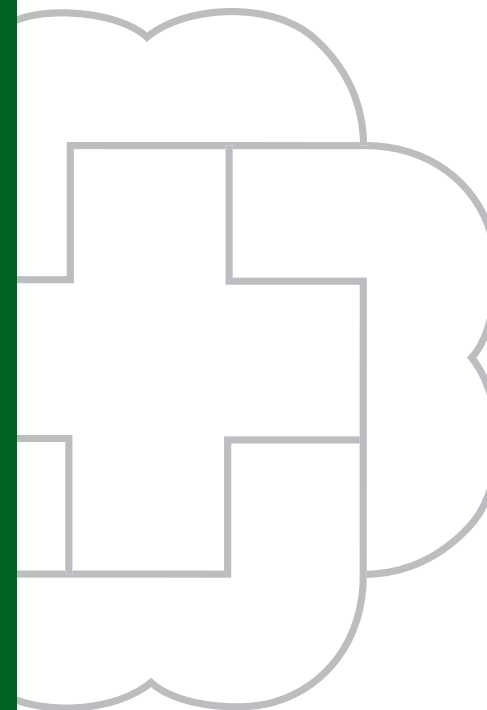


Bronson Methodist Hospital
601 John St. Kalamazoo, MI
49007

bronsonhealth.com

Orthopedic 24/7 Phone Number
(855) 618-2676

Bronson Shoulder Replacement Guidebook



Frequently Asked Questions

Q: Can I drive?

A: You should not drive until you have seen your surgeon for your postoperative appointment. You should not drive if you are still required to wear your sling. You should not drive if you are still taking pain medicine.

Q: How should I take care of my incision?

A: Wash your hands frequently. Do not allow others to touch your incision. Sutures that do not absorb or staples will be removed at your surgeon's office two weeks after surgery. Paper tapes (steri-strips) will fall off by themselves over one to two weeks. Do not apply ointments, creams or lotions to your incision.

Q: Can I shower?

A: Follow your surgeon's instruction for showering. Most patients will be allowed to shower within three days after surgery. You should not scrub or soak the incision. Pat the incision dry with a clean towel.

Q: How should I sleep?

A: You should use pillows to support your arm when lying in bed or sleeping in a chair. Your surgeon will tell you if you need to wear your sling while sleeping. Many people prefer sleeping in a recliner or chair.

Q: Should I expect swelling or bruising?

A: Swelling and bruising is common after surgery. You may notice swelling or bruising all the way down your arm and in your fingers. You may apply an ice pack to your shoulder to help with swelling. Don't keep the ice on for more than 20 minutes at a time.

Bronson Shoulder Replacement Guidebook

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When to Call:

Call Your Surgeon If You Have:

- Redness, swelling, or increasing pain in the incision.
- A temperature above 101 degrees Fahrenheit.
- A bad smell or pus coming from your incision.
- An incision that separates or breaks open after the stitches have been removed.
- A rash or itching from my medicines.
- Been taking stool softeners and have not had a bowel movement in four days.

Call Your Primary Care Doctor If You:

- Develop dizzy episodes or fainting while standing.
- Develop nausea and vomiting that will not go away.
- Have problems with controlling your blood sugar or blood pressure after surgery.

CALL 911 IF YOU:

- Have chest pain or difficulty breathing.
- Have sudden weakness on one side of my body, facial drooping and/or slurred speech.

Useful Telephone Numbers

Bronson Sports Medicine 24-hour phone number.....	(855) 618-2676
Bronson Methodist Hospital (Switchboard).....	(269) 341-7654
Bronson Pre-Admission Center.....	(269) 341-7940
Kalamazoo Anesthesiology P.C. Office.....	(269) 342-7833

Returning Home

You will be discharged from the hospital when your pain is controlled and you are stable. Most patients will go home the day of surgery.

- It is OK to ask for help from family, friends, and your coach as you recover.
- Listen to your body! It is normal to be sore, but do not over-do your activities. Make sure you are following your surgeon's instructions.
- Help prevent constipation by increasing fiber and fluids in your diet. You should take an over-the-counter laxative (Miralax, Senokot). Medicines for pain can slow down your digestive system.
- Your bandage stays on until your first post-operative appointment. Keep the bandage dry. Do not shower until instructed by surgeon.
- You may not be able to drive for up to 6-8 weeks. Do not drive until you:
 - Are not taking pain medicine.
 - No longer are required to wear the sling.
 - Have the approval of your surgeon to drive.

Prevent Infection

Infection is a serious concern. You can do the following things to prevent infection:

- Hand washing/hand sanitizing.
- Keep pets away from surgery site. Avoid sleeping with pets.
- You may need to take antibiotics prior to dental appointments after surgery.

Prevent Constipation

Constipation following surgery is common. You should eat a well-balanced diet and drink plenty of fluids. You can do the following to help prevent constipation:

- Take a laxative (e.g. Miralax, Senokot) or stool softener (e.g. Colace)
- Increase fiber intake (e.g. fruits, vegetables, bran and prunes/prune juice).

Prevent Breathing Problems and Pneumonia

- Be active as soon as possible after surgery. Sitting in a chair and walking allows your lungs to open more than when you are laying in bed.
- Cough and deep breathe 10 times every 1-2 hours.
- Do not smoke. Smoking slows the healing process.

Welcome

Thank you for choosing Bronson for your shoulder surgery. When you or a loved one suffers from a painful shoulder, simple daily activities can be hard to do. Bronson's approach to shoulder care is focused on you, the patient. We will work with you and your family to set realistic goals. This will help get you on the road to recovery.

Use this book as a guide to help get ready for your surgery and healing after surgery. Talk to your surgeon or an office staff person if you have any questions about your condition.

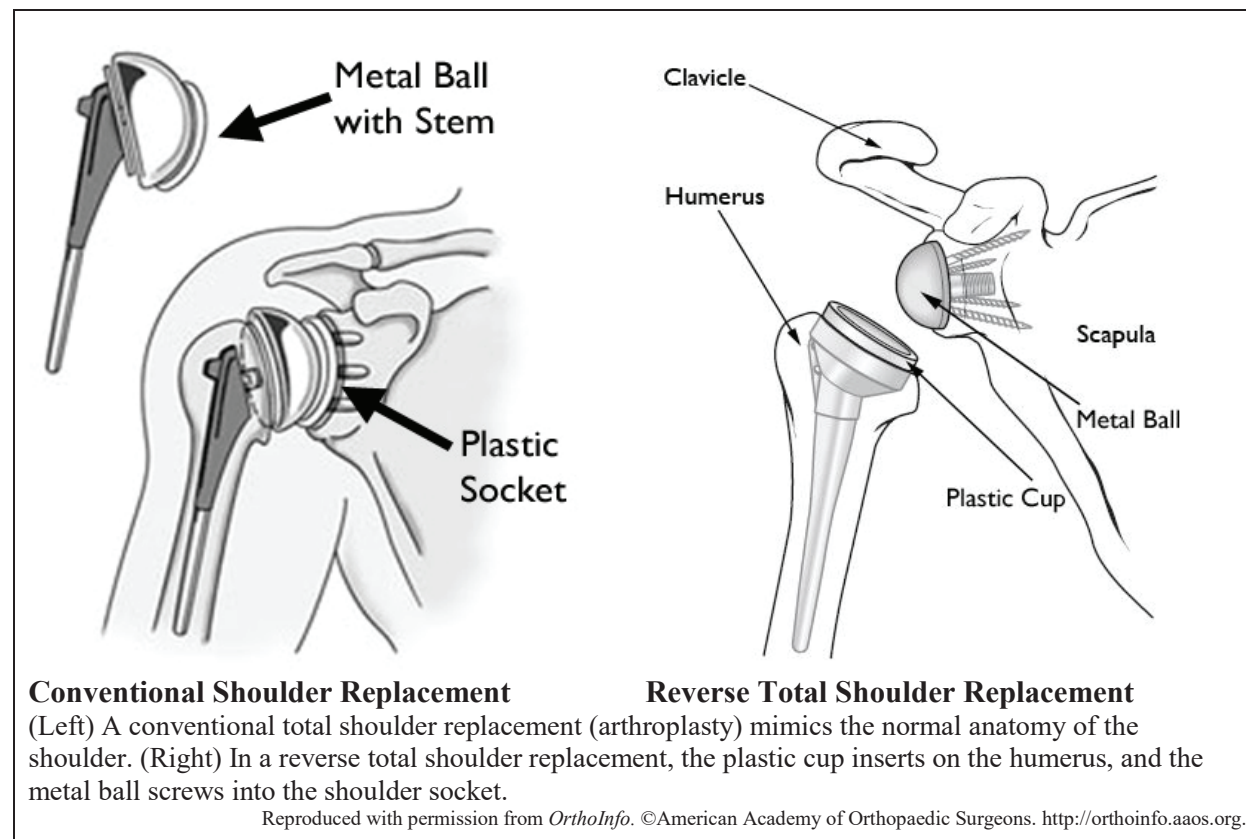


Please contact your surgeon's office using the 24-hour phone number with any questions before or after surgery.

Orthopedic 24-hour phone number (855) 618-2676

Why Have Shoulder Replacement Surgery?

A painful shoulder is putting limits on your life. You and your surgeon have decided that shoulder replacement is the right choice for you. This is surgery that treats a damaged joint (the site where two bones meet). Shoulder replacement surgery is also called shoulder arthroplasty. The two most common types of shoulder replacement surgery are anatomic shoulder replacement and reverse shoulder replacement. Your surgeon will tell you more about what surgery you will be having. Read on to learn more about your surgery.



Activity & Precautions After Surgery

Your surgeon will tell you what activity you can do after surgery. You should follow all instructions from your surgeon.

Sling

- You will be required to wear a sling after surgery.
- You should remove this only to shower or get dressed.
- Your surgeon will tell you when you can stop wearing the sling at your postoperative appointment. You may need to wear your sling for up to six weeks.
- Do not drive while you are required to wear the sling.



Activity

- Place a small pillow or towel roll behind the elbow to keep your arm in a neutral position when you lie down or sleep.
- Do not lift your upper arm or actively use your shoulder muscles on the operative arm. You can bend your arm at the elbow as directed by your surgeon.
- Do not lift anything with your operative arm.
- Do not move your arm behind your back.
- Do not rotate your arm away from your body past the limit of your sling.
- Do not use your operative arm to support your body weight.

Grip Squeeze

You will be instructed to do a grip squeeze exercise after surgery. This is important to help the blood flow in your arm.



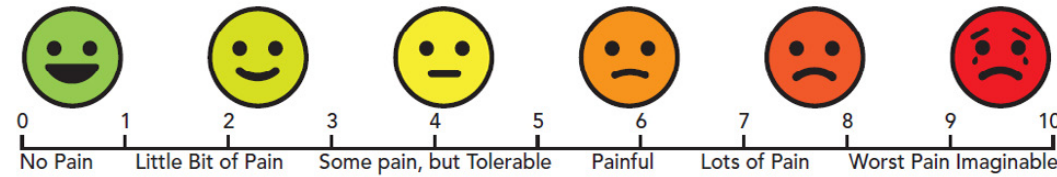
Pendulum Swing

Let your surgical arm hang and move gently in a circle clockwise, then counterclockwise by rocking your body weight in a circular pattern. This is best completed with gravity or your coach assisting your arm to gently move. Do not do any active motion with your shoulder.



Managing Your Pain After Surgery

We want you to be comfortable while you heal. This will help you get enough rest and return to your normal level of health as quickly as possible. **You may still have some pain.** The goal should be a level of pain that allows you to do basic activities.



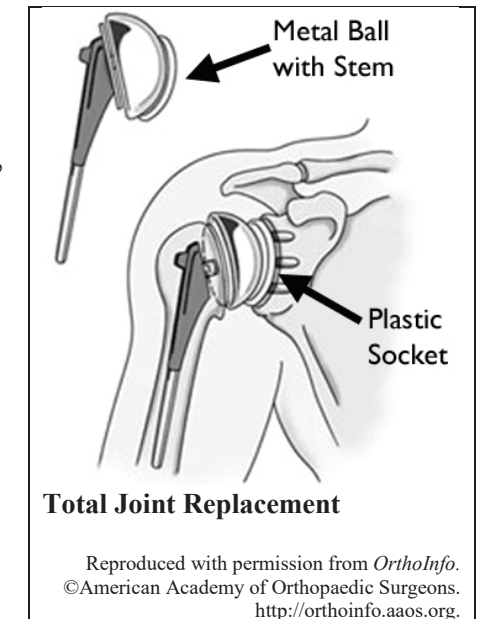
Methods Used to Manage Pain

- **Pain Medicines** will be used to help manage pain. You will be given a prescription on the day of surgery.
- **Nerve Block** You may receive a local anesthetic near your shoulder. This will be injected before surgery. The medicine may last for several days after surgery and will make your arm feel numb. You may be able to move your fingers and may have some feeling in them. The thumb is usually the finger that feels the numbest. Some patients describe their fingers as feeling “fat” as the medicine wears off. The nerve block will not usually take away all of your pain. It is normal that you will use some of the pain pills prescribed by your doctor while during your recovery.
- **Ice** may be used 20-30 minutes every hour you are awake. Ice helps with pain and also with swelling. This could be ice in plastic storage bags, gel/clay packs or frozen peas/corn. Never apply ice directly to your skin. Wrap the ice pack in a clean towel or pillowcase.
- **Positioning** Make sure that you are wearing your sling to keep your arm in the proper position. If you are seated in a chair or laying down, you may use pillows to support your arm.
- **Music** helps promote relaxation.
- You may gently **massage** other areas of your body. This will help your muscles and tissues to relax. Do not massage the surgical site.
- **Relaxation, Meditation and Controlled Breathing.** Slow deep breathing helps your body relax.
- **TV/Movies/Games/Computer.** This can help to distract you from the pain and can be fun!

Understanding Shoulder Replacement Surgery

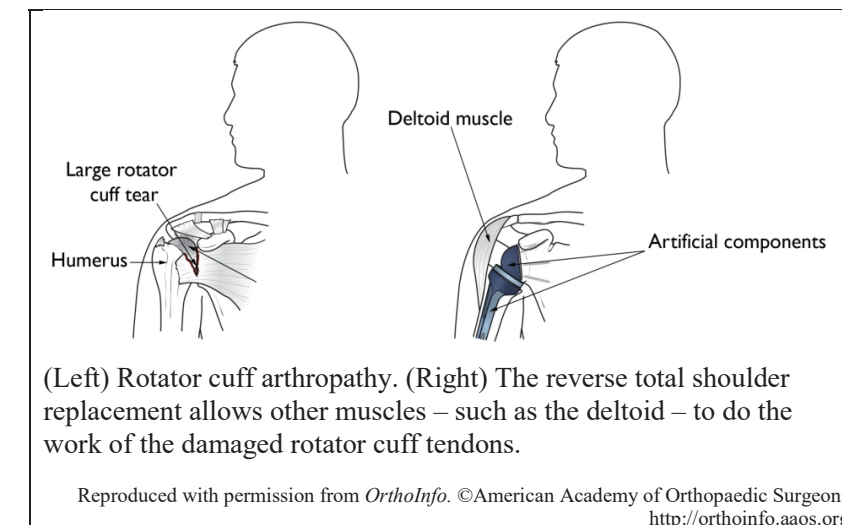
Anatomic Shoulder Replacement

This surgery removes damaged bone and cartilage in the shoulder joint. A metal implant replaces the head, or ball, of your humerus (upper arm bone). The socket is replaced with a plastic insert. With new smooth surfaces, the bones can once again glide easily. The surgery is intended to help you regain motion, improve function, and reduce your pain.



Reverse Shoulder Replacement

This surgery is most often used for patients with severe arthritis from a chronic rotator cuff tear. The rotator cuff muscles can no longer hold the joint in place during movement. The tear may also weaken the shoulder joint and keep it from moving normally. The anatomy of the shoulder (ball and socket) is reversed during the surgery. The ball is attached to the scapula (shoulder blade) instead of the humerus (upper arm bone). A smooth, socket-like surface is attached to the top of the humerus.



Getting Ready for Surgery

We want you to have the best outcome after your surgery. The more prepared you are for surgery, the smoother your recovery will be. These are things you can do to get ready.

- Choose a coach. Your coach is the person that will be there to help you at home after surgery. You should have someone to help at home all the time for the first three to five days.
Name of my coach: _____
- If you have concerns about your home plan, you may talk with the Bronson Orthopedic Nurse Navigator during your Shoulder Replacement Class.
- Arrange for help with children, adults or pets.
- Arrange for help with driving, errands and heavy household chores.
- Complete any FMLA or short-term disability paperwork for your employer.
- Think about the clothing you plan to wear after surgery. The clothes listed will be easiest for after surgery. You should practice dressing without use of your surgical arm before surgery.
 - Button-up or oversized shirts
 - Pants with elastic waistbands
 - Slip on shoes with non-skid sole

Prepare Your Home

- Remove any fall hazards around your home (rugs, cords).
- Add a cushion or booster to low chairs to make it easier to stand.
- Make sure your stairs have a sturdy railing.
- Install grab bars and a handheld shower hose in your shower.
- Have a non-slip bath mat outside the shower/tub to prevent slipping.
- Move items from high or low cupboards to easily reach them counter-height.
- Buy groceries and prepare meals before your surgery.

Day of Surgery: Before Leaving Home

- Follow the instructions from the preadmission nurse about medicines, eating and drinking.
- Follow your instructions for the day of surgery shower on page 7.
- Wear clean, comfortable, loose-fitting clothing.
- Do not wear makeup, nail polish or jewelry.
- Leave money and valuables at home.

What to Bring?

- Photo ID and insurance card.
- Copy of your advance directives (if not already on file with Bronson)
- Cases for your glasses, hearing aids or dentures.

Day of Surgery: Pre-surgery Care

Please report to Surgery as instructed by the preadmission nurse or surgeon's office.

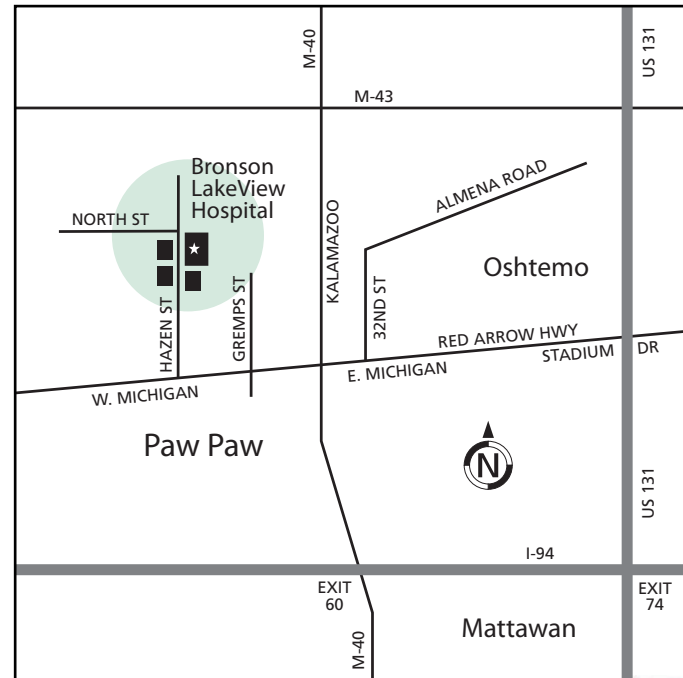
- A staff member will bring you back to the pre-op room. A visitor may be with you in the preoperative area.
- To help prevent infection, the nurses will give you antibacterial cloths. They will show you how to use them. The nurses will also give you nose swabs and have you rinse your mouth with a special mouthwash.
- You will meet with the anesthesiologist. He/she will talk with you and answer any questions you may have about anesthesia.
- A nurse will start your IV. You may receive medicine to make you more comfortable before surgery.

Day of Surgery: After Surgery

After surgery, you will go to the Post Anesthesia Care Unit (PACU) to recover. You will be closely observed until you wake up. Your doctor will update your family or coach to let them know about your surgery.

- You will have a sling to limit the motion of your arm.
- When you are awake and in less pain, you will be discharged from the recovery room.

Parking and Directions for Surgery at Bronson LakeView Hospital



Enter through the Main Entrance, check-in at the Main Registration desk.



Pre-surgery Testing and Appointments

Before your surgery, you will have some testing done. You will have blood drawn. You may need an EKG (electrocardiogram) to check your heart. You may also have a nasal swab or urine test.



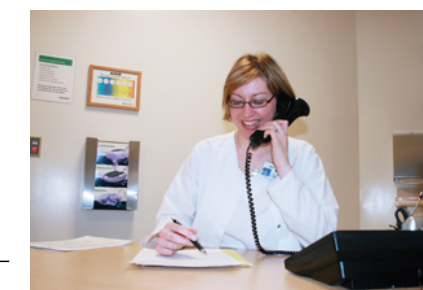
We may schedule a medical evaluation appointment with the Bronson Optimization Clinic, your primary doctor, other medical specialists (like your cardiologist) to make sure you are healthy enough for surgery. For your safety, surgery may need to be rescheduled due to a medical reason. Your healthcare team will work with you to get you ready and reschedule your surgery.

Shoulder Replacement Class

You will complete the Shoulder Replacement Education Class.

Preadmission Nurse Call

Before surgery, you will receive a phone call from a preadmission nurse. The nurse will give you instructions on which medicines you need to take the day of your surgery, and other pre-surgery information. If you have not spoken with the preadmission nurse by the week before your surgery, please call (269) 341-7940, Monday through Friday, 8 a.m. to 4:30 p.m.



- Surgery date/time: _____
- Arrive at: _____
- It is OK to drink clear liquids up until _____ am/ pm.
- You may be given a drink from the surgeons office. If so, drink it 3 hours before surgery.
- Do not eat any food after midnight the day of surgery.

My Medicine List

Use this page to list all of the medicines you are currently taking. Include over-the-counter medicines, vitamins, supplements and herbal medicines on your list.

Medicine	Dose	How often?	What is it for?	OK to take morning of surgery?	Stop this medicine?

My allergies and reactions:

Pre-Surgery Shower Checklist

You will be given a free bottle of chlorhexidine wash from your surgeon's office or at the shoulder class. Start by completing your regular shower first, using your normal soap and shampoo. Do not shave near the surgery area. Next, follow the instructions in the grid below. Each time you use the wash, let it sit on your skin for 1-2 minutes. Then rinse the product off.

	Days Before Surgery	Date	Instructions	Done ✓
Joint Area - 1 Teaspoon	7		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	6		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	5		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	4		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	3		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
Neck Down - 1 Tablespoon	2		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	1		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. OK to apply lotion if needed. Change the sheets on your bed. No pets in bed.	
	Morning of Surgery		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. Do not apply lotion.	