



TOTAL SHOULDER REPLACEMENT | PATIENT EDUCATION MANUAL





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IMPORTANT DATES AND TIMES

MEDICAL CLEARANCE (IF NEEDED)

Date _____

Time _____

FOLLOW UP APPOINTMENT WITH SURGEON

Date _____

Time _____

SURGERY

Date _____

Time _____

OUTPATIENT PHYSICAL THERAPY APPOINTMENT

Date _____

Time _____

NOTES:



WELCOME



THANK YOU for choosing to have your surgery at Flagler Health+.

Our team of experienced and compassionate professionals is dedicated to helping you achieve an improved level of activity and higher quality of life.

We hope this information helps you prepare for your surgery and recovery.

If you have questions, please call and ask anyone on your healthcare team to get your questions answered.



ABOUT THE FLAGLER HEALTH+ SYSTEM

Flagler Health+ is a comprehensive healthcare system committed to advancing the physical, social and economic health of the communities we serve.

Since 1889, we've cared for our friends, families and neighbors. And when it comes to your well-being, no one is more committed than Flagler Health+. We are uniquely poised to meet our growing community's healthcare needs by providing innovative care in new places, and in new ways.

National Recognition for Excellence in Care

Flagler Health+'s flagship location, Flagler Hospital, is a 335-bed hospital that has been named among America's 50 Best Hospitals for quality and safety out of nearly 4,500 nationwide.





HOW THIS GUIDE CAN HELP YOU

It is our belief that well-prepared patients achieve the best surgical results. This guide will help you be prepared to achieve the best outcome from your joint replacement. Physical preparation, education, continuity of care and pre-planned discharges are important to creating the best results. This guidebook exists to give you and your caregivers everything you'll need for a rapid return to a healthy, active lifestyle.

THIS GUIDEBOOK WILL HELP YOU UNDERSTAND:

- What to expect during your hospital stay
- What you need to do before and after surgery
- How to properly care for your joint replacement

Please keep this guidebook as a handy reference for at least the first year after your surgery.

HOW TO USE THIS BOOK:

- Read through the entire manual. We are here to clarify and answer any questions you may have about this material. Don't be shy about asking questions.
- Focus carefully on the pre-operative preparations, such as exercises, home preparation, and the important checklist.
- Bring this manual with you to the hospital on your day of surgery.

Bring any lingering questions with you to the Joint Replacement Class. Feel free to write them down in advance.



IMPORTANT FLAGLER HEALTH+ PHONE NUMBERS

FLAGLER HEALTH +
904.819.5155

ORTHOPEDIC COORDINATOR
904.819.4551

PRE-OP DEPARTMENT (OUTPATIENT SURGERY)
904.819.4506

ORTHOPEDIC FLOOR NURSE'S STATION (8TH FLOOR)
904.819.8056

SURGICAL WAITING ROOM DESK
904.819.2147

IMPORTANT INFORMATION

- FMLA/Disability forms should be filled out by the surgeon's office BEFORE surgery. Please allow 7-10 business days for these forms to be completed.
- You may be required to obtain medical, cardiac, and/or other specialty clearance before surgery. The hospital requires a written clearance note from these physicians before surgery. These forms should be faxed by your doctor to the orthopedic surgeon's office. The surgeon's office will then fax everything to the hospital prior to your surgery. Please do not wait to complete your medical clearance. Failure to obtain these clearances could result in your surgery being canceled.
- The Main Lobby elevators are the best elevators to use for family and friends to access the Orthopedic Floor (8th floor).



ABOUT YOUR SHOULDER

Knowing about your shoulder can help you learn how your shoulder works and understand surgery.

A HEALTHY SHOULDER

Your shoulder is the most flexible joint in your body. It is a ball and socket joint, which allows you to move your arm in most directions. The shoulder joint has a ball shaped end of the upper arm (humerus) bone. This is held in place by muscles and soft tissue in a socket (scapula). When the shoulder is healthy, it is able to glide smoothly in the socket. When the shoulder becomes damaged, movement becomes difficult and painful.

A HEALTHY SHOULDER HAS THE FOLLOWING PARTS:

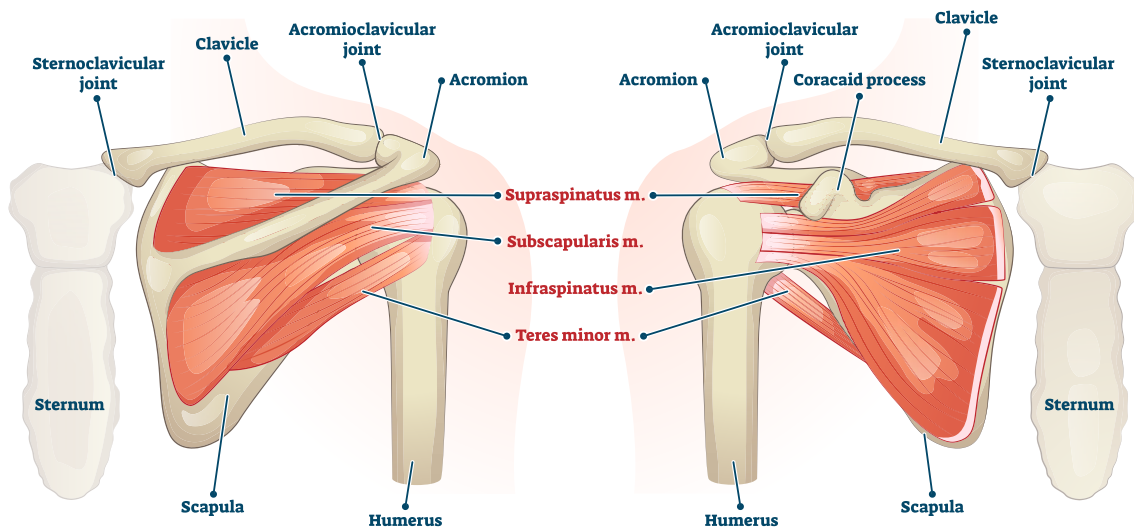
Rotator Cuff – is found in the shoulder and made up of 4 muscles and their tendons.

Cartilage – a slippery, strong flexible tissue. It is found where the bones meet. The cartilage helps the bones to glide over each other.

Tendons – tough bands of tissue that attach the muscles to the bones. Muscles are needed to help move and support the shoulder joint.

Ligaments – short bands of stretchy tissue that connect bones to other bones.

Bursa – is a sac-like structure that has fluid in it. It cushions the shoulder parts when they move.



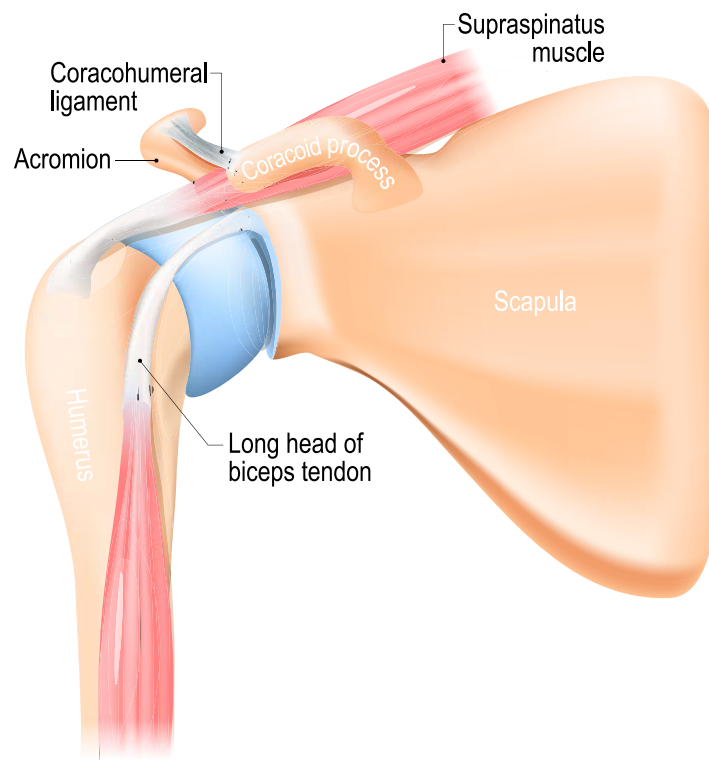


TOTAL SHOULDER REPLACEMENT SURGERY

Shoulder surgery is done to relieve pain and maintain or increase motion in a damaged or diseased joint. Depending on your age and the amount of damage to your shoulder, you may need to have all or only part of the joint replaced. Your surgeon will make a recommendation and together you can decide which option is best for your unique needs.

TOTAL SHOULDER

Total shoulder replacement surgery removes the damaged and painful areas. These areas are replaced with specially designed metal and plastic parts. Together, these parts make up the implant. Some artificial joints are kept in place with special cement. Others have surfaces into which your bone can grow. Your orthopedic surgeon will replace the top rounded end (ball) of the bone in your upper arm (humerus) and the cup-shaped part of the shoulder bone (scapula). This creates a new smooth cushion that will allow the joint surfaces to glide normally without pain when you move. Your surgeon tests the fit and alignment of the implant. When the implant fits correctly, its parts are secured to the bones. The parts are joined, forming a new joint.





MEDICAL CLEARANCE

If required, you must obtain medical clearance for surgery from your primary care physician. If you have any specialists that you see regularly, such as a Cardiologist or a Pulmonologist, you might need to get clearance from them as well.

This is an extremely important step in the process to have surgery. PLEASE complete this in a timely manner and do not wait until just before your surgery! Without medical clearance, your surgeon will not perform surgery.

You may also require a variety of medical tests, including:

- Blood work
- Urinalysis
- Electrocardiogram (or an EKG)
- Chest X-Ray

Please communicate your surgery date with your primary care physician's office and/or specialist's office so they can schedule your appointment(s) accordingly.



PREPARING FOR JOINT REPLACEMENT SURGERY

SMOKING CESSATION

Smoking can slow the recovery process and increase medical complications. Some medical complications caused by smoking can include blood clots and/or wound healing problems after surgery. If you smoke, it is advised that you quit before surgery. Please note that Flagler Health+ is a smoke free campus. For more information, visit tobaccofreeflorida.com/quityourway or call 1.877.822.6669.

DIABETES MANAGEMENT

It is very important to effectively manage your blood glucose before, during, and after surgery. Managing your blood glucose effectively can reduce complications such as infection after your surgery. If you are diabetic, your blood glucose will be managed and monitored throughout your entire hospital stay. Check with your surgeon to see what level your Hemoglobin A1C should be.

DENTAL VISITS

After joint replacement surgery, antibiotics must be taken prior to any dental work, surgery, or other invasive procedures for the rest of your life. Please refrain from any routine dental cleansings for 12 weeks after surgery. Please follow your surgeon's protocol.

HELP AT HOME

In the first weeks after surgery, you may want some help at home. Please make arrangements for this assistance prior to surgery. Family and neighbors may be able to help with meals, cleaning, laundry, driving, and other needs. Flagler Health+ established Care Connect+, an outreach program which helps area residents connect with the resources they need. If you are in need of specific assistance or more information, please visit CareConnectPlus.com and complete the Get Connected form or call 904.819.3070.

SHOULDER SLING

You will have a sling placed on your surgical shoulder.

You will be advised:

- When you need to wear this
- How long you need to wear this
- How to take this on and off





HOME SAFETY

Falls are the most preventable cause of injury post-joint replacement. Making a few simple changes around your home can help reduce this risk.

- Always keep your cell phone or cordless phone with you
- Use chairs with straight backs and sturdy arm rests which make it easier to stand
- Raise the seat height of a low chair by adding a cushion
- Clear clutter from pathways so you do not fall
- Ask someone to help clean up spills
- Remove throw rugs
- Tape down electric cords or tuck them behind furniture
- Use a night-light or have a light source in every room
- Move the items you use most often to counter height to avoid excess bending or reaching
- Do your laundry before having surgery or ask someone to assist with this task
- Clean your house before having surgery or ask others to help you clean
- Wear shoes that fit and will not fall off your feet when you walk and do not walk around in socks

KITCHEN

- Plan some easy-meal menus and shop in advance
- Make and freeze meals ahead of time. After surgery, you may want bland/comfort foods
- Stock up on foods that are easy to prepare
- Many grocery stores will deliver right to your door. Contact your local grocery store for more information

BEDROOM

Sleep on a bed that you can get in and out of easily and/or consider installing a bedrail. Consider using a bedroom on the first floor of the home. Do not sleep on your surgical side or on your stomach

- Some people find it more comfortable to sleep in a recliner or propped up on some pillows for a period of time after surgery



HOME SAFETY

BATHROOM TIPS

- Prevent slips and falls by installing railings and non-slip surfaces
- Check existing grab bars for strength and stability, and repair if needed
- Watch out for hazards, such as wet floors
- Dry off in the shower to prevent bringing water out onto the floor
- Stock up on toiletries and other items you will need during recovery

STAIRS

- Arrange things so you do not have to use the stairs often
- Make sure stairs have handrails that are securely fastened to the wall
- Fix loose or uneven steps
- Cover bare wood stairs with nonskid strips. If there is carpet, be sure it is firmly attached

OUTDOORS

- Try not to walk on uneven sidewalks or ground
- When stepping off a curb, be aware of its height
- Add more outdoor lighting, if needed
- Watch for pets that could be tripped over, jump on you, or lie in your walking path



PREPARATION CHECKLIST

BEFORE SURGERY

- I completed my medical clearance and lab work
- My diabetes is under control (Hemoglobin A1C)
- I have stopped smoking before my surgery
- I have prepared my home as suggested for safety
- I have arranged for someone to drive me home when I am discharged from the hospital and stay with me the first week after surgery
- Do not eat or drink after midnight the night before surgery unless instructed otherwise

HOSPITAL STAY: WHAT TO BRING

- Loose clothing and a button down shirt
- Shoes with a back and non-skid soles so they will not slide off your feet
- Personal hygiene toiletries
- Eyeglasses, contact lenses, denture case, hearing aids and batteries
- CPAP machine and tubing
- Cell phone and charger
- This guidebook

ADDITIONAL INFORMATION

- Leave jewelry, credit cards, check book, and cash at home
- Do not bring any medication with you to the hospital unless instructed to do so



DAY OF SURGERY

BEFORE LEAVING HOME

- Shower as instructed
- Brush your teeth
- Wear clean, comfortable clothes
- Do not use any perfume, deodorant, cream, lotion, powder, or nail polish
- Take only the medicine that you were instructed with a small sip of water

ARRIVING AT THE HOSPITAL

- Come to the outpatient surgery area located on the south side of the hospital and park in parking lot E
- Enter through the automatic doors and proceed to the outpatient surgery registration desk to check-in
- From here, you will be escorted to the pre-operative surgery area
- The Pre-op (Outpatient Surgery) telephone number is 904.819.4506

SURGERY

You will be prepared for surgery in the pre-operative area of outpatient surgery. Your nurse will start an IV, confirm the planned procedure and review your medical history. Your operating room nurse, as well as a member of the anesthesiology team, will interview you and speak to you about the type of anesthesia that will be used during surgery. They will escort you to the operating room where your surgeon will confirm the correct site for surgery. Following surgery, you will be taken to the recovery room. A nurse will keep your family updated on your progress while you are in surgery and in the recovery room. After surgery, your surgeon will speak with your family and/or friends.

If your surgeon plans for you to go home the same day as your surgery, you will be brought back to the outpatient area from the recovery room where nurses and/or physical therapists prepare you for discharge home.

For patients staying in the hospital after surgery, you will be taken to the orthopedic unit located on the 8th floor of the hospital. Your friends and family will be notified of the room number once it is available.

Your surgeon will discuss this with you PRIOR to your surgery.



DAY OF SURGERY (CONTINUED)

PAIN CONTROL

During your hospital stay, you will be asked to rate the intensity of your pain. A numbered pain scale is used and ranges from 0 – 10, as seen below:



There are several different types of pain control methods available that will keep you comfortable and allow you to be up and walking shortly after your surgery. Your surgeon will choose the appropriate pain control method for you based on your medical history and the amount of pain you are experiencing.

It is important for you to communicate with your healthcare team if the pain medication is not sufficient, if you are not as alert as you think you should be, or if you are nauseated. Adjustments can be made to make you feel more comfortable.

OTHER METHODS FOR PAIN MANAGEMENT

Here are other ways to have good pain control:

- Using cold therapy or ice
- Changing your position or walking
- Listening to music
- Using integrative therapies such as aromatherapy, acupuncture, guided imagery, or the music relaxation channel on the television
- Anything you have found to be helpful at home



HOSPITAL STAY

You will be admitted to the hospital for 1–2 days, or longer depending on your medical condition. While in your hospital room, the nurse and other staff members will:

- Frequently monitor your vital signs and assess your surgery site
- Give IV fluids, antibiotics, and medications as ordered (including home medications)
- Monitor your oxygen level
- Educate and prepare you for discharge

PREVENTING FALLS DURING YOUR HOSPITAL STAY

After joint replacement surgery, you are at a high risk of falling and our goal is to help you avoid falls.

Falls can happen because of:

- Changes in your balance caused by the surgery
- Using new equipment such as a cane
- Taking pain medicine

Call the nurse before you get out of bed and when you are done in the bathroom. We may use a bed alarm during your stay to remind you to call for help. Staff will check on you often to keep you safe. A fall may result in a longer stay in the hospital or even another surgery.

Remember, the hospital is not your familiar environment. You may be connected to cords, pumps, or other equipment. Even if you no longer need therapy, you still need to ask for help to get up or walk.

PREVENTING FALLS AT HOME

It is important to do what you can to lower your risk of falling. See the section *Preparing Your Home* at the beginning of this book for things you can do to make your home safer and prevent falls.



PREPARING TO GO HOME

It is common to feel anxious when you think about caring for yourself away from the hospital. The more you learn, the more confident you will feel. It is best if you have someone stay with you for the first week. Most often, you will be ready to go home when you are able to walk safely and do your exercises. Your surgeon will decide when you are ready to leave the hospital. A nurse, case manager, or social worker will visit you in the hospital to discuss any help you may need.

Before you leave, you can expect to be given:

- Written instructions for how to care for yourself and when to call the surgeon
- Prescriptions for pain and blood thinner medicine as ordered by your surgeon
- Follow-up appointments

LEAVING THE HOSPITAL

Your doctors and therapists will decide when you are able to go home. After you have been given all of the needed instructions, you will be ready for the trip home. It is normal for you to feel tired and worn out. Plan rest periods in-between your activities. Your energy level will improve in the days and weeks ahead.

- Plan to wear loose-fitting clothing, such as a button down shirt, that is easy to get on and off
- Sit in the front passenger seat of the car and recline the backrest a little
- Always wear your seatbelt
- If you are traveling a long distance, plan to get out of the car and stretch every hour. This will keep you from getting too stiff and will also help prevent blood clots in your legs.

PREVENTING INFECTION

A replacement joint is not as good at fighting germs as a natural joint. Infection can be a serious problem after joint replacement surgery. If a new joint gets infected, it is hard to cure.

You can help prevent infection by:

- Cleaning your hands with soap and water or hand sanitizer. Clean your hands:
 - After using the toilet or blowing your nose
 - After doing laundry, housework, or yard work
 - After petting or caring for animals
- Making sure your healthcare team washes their hands before and after they take care of you
- Making sure your family and friends wash their hands



AT HOME CARE

CARE OF YOUR INCISION

Normally, it takes about 2 weeks for your incision to heal enough to stay closed. If you have sutures or staples, they will be removed about 2 weeks after surgery. Over the next 6-to-8 weeks, your incision may feel tight and itchy, which is part of normal healing. It is common to have more swelling and pain 4-to-7 days after surgery, which is often after you leave the hospital. After about a week, swelling and pain will get better day-by-day. You will continue to have some swelling over the next 6-to-12 months.

Keep your dressing clean and dry.

- You may shower (consider a shower chair), but refer to the instructions you were given by your surgeon.
- Do not submerge your incision or take baths until your surgeon tells you it is okay
- Wear loose clothing that is easily washed and does not rub or irritate the incision
- Never dab lotion, ointment, powders, or perfume on the incision

PREVENTING PNEUMONIA

Take deep breaths every hour while you are awake to clear the anesthesia from your lungs and help prevent pneumonia. You will start this in the hospital. You will need to continue this practice at home until you are walking around your home about every hour during the day.

You will be instructed by the respiratory therapist or nurse on the use of an Incentive Spirometer (IS).

Incentive Spirometry is a deep breathing exercise that your surgeon will order to assist you after surgery. The hospital will provide you with an IS meter. Continue use at home after discharge from the hospital.

How to Use Your Incentive Spirometer

1. Sit upright or as far upright as you can
2. Breathe out normally
3. Close your lips around the mouthpiece
4. Breathe in slow and steady through your mouth until your lungs are full
5. Remove the mouthpiece and hold your breath for 5 seconds
6. Breathe normally





AT HOME CARE (CONTINUED)

PREVENTING BLOOD CLOTS

A deep vein thrombosis (DVT), a very rare complication of surgery, is a blood clot that can form in a leg vein after shoulder replacement surgery. A piece of the clot can break off, travel through the blood stream to the lung, causing a pulmonary embolism. Your surgeon will recommend the appropriate activities that will help this from occurring.

This may include:

- A sequential compression device (SCD) that improves your blood flow by gently squeezing and releasing your leg or foot. This is used in the hospital.
- Medicine to prevent clotting
- Activity to help increase circulation:
 - Ankle pumps while lying in bed
 - Walking
 - Wiggle fingers or move wrist

REST OR SLEEP

After surgery, you may have a hard time sleeping. Taking your pain control medication around bedtime controls your pain so you can stay asleep. Rest will help you get your strength back more quickly.

Here are some tips to help you rest:

- Go to bed at the same time each night
- Stop and rest for a few minutes after activity
- Take short naps or rest periods when you are feeling tired

PREVENTING CONSTIPATION

A side effect of taking pain medicine is constipation. Decreased activity can also lead to constipation.

To avoid becoming constipated:

- Gradually increase your intake of fiber-rich foods such as fruits, vegetables, and whole grains
- Drink 8 or more 8 oz. glasses of fluids each day
- Stay as active as you can
- Consider drinking prune juice each day
- Consider taking a stool softener or laxative. Many of these are available over-the-counter at your local store. If you have questions, ask your doctor or pharmacist.



AT HOME CARE (CONTINUED)

DIET AND NUTRITION

Good nutrition and a well-balanced diet are important factors in healing and restoring strength after a total joint replacement. Use this food and lifestyle pyramid as a guide to healthy eating every day.





WHEN TO CALL YOUR SURGEON

CALL YOUR SURGEON IF:

- Your arm or fingers feel numb, tingly, cool to the touch or are pale.
This may be present for the first few days if you've had a block
- You have a fever over 101 degrees Fahrenheit (38.3 degrees Celsius)

Your incision:

- Has increased redness
- Is hot to touch
- Is more painful than it has been
- Oozes a new drainage or smells bad
- Bleeds enough to come through your bandage
- Your pain medicine is not managing your pain
- You have side effects from your medicine such as an upset stomach, throwing up, redness, rash, or itching
- You have pain or swelling in the calf of either leg or in your surgical arm
- The edges of your incision come apart
- You have any questions or concerns about your health

CALL 911 IF YOU EXPERIENCE:

- Chest pain and/or shortness of breath
- Coughing up blood or unexpected bleeding
- Continued and increased swelling or pain
- Dark and/or black stools



STANDARD TOTAL SHOULDER EXERCISES

This exercise program will help you increase strength, regain motion, and return to your everyday activities. Begin these exercises on the day after you leave the hospital unless told otherwise by your healthcare team.

Repeat each exercise 10 to 20 times, 3 times each day. Continue these exercises until your surgeon or therapist tells you to stop.

HAND FLEXION AND EXTENSION

Stretch your fingers apart. Then, close them tightly into a fist.

WRIST FLEXION AND EXTENSION

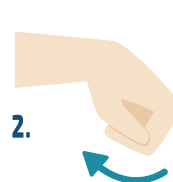
Start with palm facing down. Bend wrist down, then up.

PRONATION AND SUPINATION

Start with your arm in handshaking position. Turn your palm down, then up.

ELBOW FLEXION AND EXTENSION

Start with palm facing up. Bend elbow down, then up.



LOCATOR KEY

- Parking Lots (A-E)
- 🚒 Shuttle Bus Stops
- + Outpatient Surgery & Heart Center
- + Wellness Center
- + Flagler Health+ Orthopedic Specialists
- + MAIN Entrance
- + Emergency Room
- 🏠 Helipad
- + Hospice
- + Flagler Health+ Employee Health & Wellness
- + IMAGING Center
- + Flagler Family Medicine
- + Jakodofsky Building
- + Care Fast-Urgent Care
- + CAIR Center
- + Anderson Gibbs Building



FLAGLER HOSPITAL CAMPUS MAP



THANK YOU



Thank you for choosing Flagler Health+ for your joint replacement needs.

We hope that this book serves as a helpful reference for you as you prepare for and recover from your surgery. Please do not hesitate to ask our experienced team of surgeons, physician assistants, nurses, rehabilitation specialists and other team members if you have any additional questions. Ask to speak to our Orthopedic Coordinator or any of our nurses and let us know how we are doing.

We hope that you had an excellent experience during your visit and invite you to share your feedback on Google or at [Facebook.com/flaglerhealth](https://www.facebook.com/flaglerhealth).



Open the camera on you phone, point it at the QR code, click the notification which will direct you to the correct webpage.

We welcome your feedback.

