



Trinity Health

Total Shoulder Replacement

Pre-Surgery Class

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Virtual Class Reminders

- Microphones are automatically muted
- Please type your questions in the chat box and I will answer them at the end of the class
- You can find the the Shoulder Book, these slides, nerve block video and a class video on our website
TrinityHealthMichigan.org/ortho-help

Class Objectives

The purpose of this presentation is to:

Help you to feel more comfortable about your upcoming hospitalization

To let you know what you can do to help in your own recovery

Anatomy of the Shoulder Joint



Shoulder Joint

The shoulder joint is a ball and socket joint. The ball on the upper end of your arm bone (humerus) rests against your shoulder socket (glenoid). The shoulder joint is lined with a layer of smooth cartilage. This cartilage serves as a cushion and allows for smooth motion of the shoulder.

What is arthritis ?

Arthritis is a wearing away of the smooth cartilage in the shoulder joint. At some point, it may wear down to the bone. Rubbing of bone against bone causes discomfort, swelling, and stiffness. Many patients need surgery to replace the damaged joint.



Total Shoulder Replacement Surgery

- **Anatomical** - In a shoulder replacement surgery the damaged joint is replaced with a new, artificial joint. The head of the humerus is removed and replaced with a metal prosthetic ball. The prosthesis continues down into the shaft of the humerus.
- **Reverse** - For shoulders with severe rotator cuff problems, reverse shoulder replacements are performed switching the socket and metal ball to allow different muscles to move the arm

Prosthetic or artificial components



Tips for Preparing your Home

You and your family must consider these tips before your surgery to help make your home as safe and comfortable as possible for your return after surgery:

- Check every room for tripping hazards. Remove throw rugs and secure cords
- Move items in lower drawers to height to eliminate excessive bending or reaching
- Plan on using a cordless phone or cell phone that can be tucked away inside a pocket
- Make sure stairs have handrails that are securely fastened to walls
- If you have pets, you may want to arrange boarding them first few days you are home
- A chair with a firm back and arm rests is recommended, NO chairs on wheels
- Prepare or purchase meals ahead of time to minimize cooking after surgery
- Install night lights in bathrooms, bedrooms, and hallways
- Do laundry ahead of time
- Get a non-slip bathmat
- Put clean linens on your bed

Reducing Risks and Complications

- Stay active – Try to increase your activity before surgery
- Healthy diet - Before your surgery, avoid foods that increase inflammation in your body. Those foods include sugar and white flour; saturated fats from red and organ meat; trans fats from commercially baked cookies, cakes and pastries; and alcohol. Aim for fresh foods, including fresh fruits, vegetables and nuts (see the Improving Your Nutrition handout- page 11 in your book)
- Manage diabetes – see your PCP if needed
- Reduce, eliminate tobacco. Smoking increases your risk of developing wound infection so we encourage you to try to stop before your surgery 1-800-Quit-Now can offer free advice
- Reduce, eliminate alcohol. Hazardous alcohol use (3 or more drinks per day) can increase your risk of postoperative infections, cardiopulmonary complications and bleeding risk

Prevent Surgical Site Infection

- Dental work – must be completed 1 week prior to surgery and delayed for 3 months after your surgery- you will require antibiotics before dental work after surgery
- Hand washing – Good hand hygiene is essential. Encourage your family and friends to utilize an antibacterial cleanser and to always wash their hands to prevent spread of infection
- Preoperative nasal swab
- Use the wipes that you were given in class or at your physical on the evening before surgery. Read the instructions very carefully. Do not use them on your face or private area.
- In pre-op you will receive an intra nasal treatment to help prevent postoperative infection
- Optifoam AG+ Dressing

Prevent Surgical Site Infection

- **Incision care**
- Remove the silver dressing 7 days after surgery
- Leave incision open to air
- Use antibacterial body wash or a new bar of soap (Dial) to shower
- Do not submerge incision in water
- Do not put lotion or cream on your incision
- Do not touch your incision

What to Bring with You

- If you have Advance Directives please bring them with you
- Personal care items
- Slippers (that cover your whole foot) – your leg/foot will be swollen following surgery so make sure they are not tight
- Please do not bring your own pillow
- If you use a CPAP machine at home bring it with you, we have distilled water in the hospital for you to use.
- Driver's license, Insurance Cards and a check or credit card to pay for home medical equipment

Enhanced Recovery Program

Ensure Pre-Surgery clear nutrition drink is a carbohydrate rich beverage with added supplements that you will drink in the morning on the day of your surgery

Use of Ensure Pre-Surgery Improves:

- Comfort
- Hydration
- Hunger
- Thirst



Enhanced Recovery Program

- Ensure Pre-Surgery is available for purchase for approx. \$4 for 1 bottle at the following locations
 - Reichert Health Building Pharmacy (ask at counter)
 - Brighton Health Care Center -Joes Java
 - Livingston Hospital -Joes Java
 - Chelsea Hospital -Joes Java
- You will need to purchase 1 bottle
- If you have Diabetes, Do not Drink Ensure Pre- Surgery

Ensure Pre-Surgery- When to Drink

- Finish drinking your Ensure Pre-Surgery 2 hours before your surgery time
- If you have diabetes, do not drink the Ensure Pre-Surgery. You will be given different instructions at your pre admission appointment



Pain Management

- Your caregiver will do everything they can to get you comfortable enough to participate in your recovery.
- Caregivers will often ask you to rate your pain level on a scale of 0-10
- Our goal is to always keep your pain level at a level where you are able to participate in your rehabilitation
- Your pain will be managed with different medications including local nerve blocks, oral medications. Some of these medications are scheduled and given at set times and others are given as needed to help control your pain. Cold therapy will also be used.

Pain Management

Tylenol 1000mg (500mg tab x 2) every 8 hours

Oxycodone 5mg for breakthrough pain (Opioid)

Opioid Information

- Surgeon can only prescribe a 7 day supply at discharge- must call surgeon's office for refill- allow 2 days for refill. Don't call on weekends, after hours or holidays
- Opioids can cause constipation, nausea, dizziness- you should take laxatives and a stool softener while on opioids. Colace(stool softener), Miralax and Senna (laxatives)

Cooling Therapy

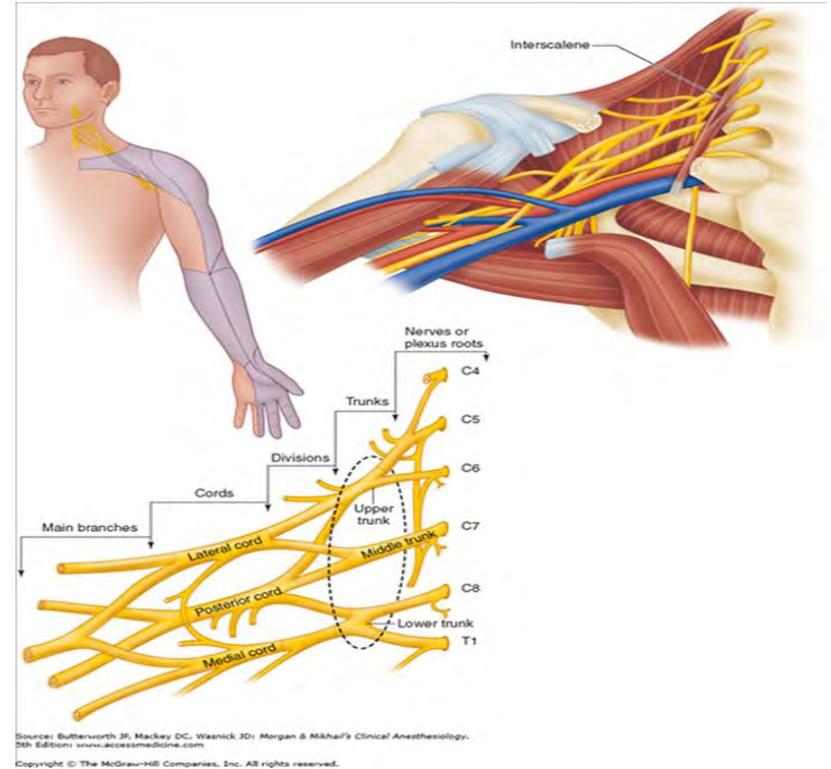


- There are many different options for Cold Therapy after surgery. It is important to use cold to help decrease pain and swelling after surgery
- Cold machines, gel packs, ice in plastic bags, frozen vegetables from the grocery store are all good options
- Most Insurance companies do not pay for cold therapy

Nerve Block

- Your anesthesiologist may talk with you about placing a nerve block catheter (tiny soft tube) to help with pain relief after your surgery. The block is put in just before surgery .
- The nerve block is connected to a portable pump(Ambit pump) that delivers numbing pain medication around the bundle of nerves that leads to your operative shoulder and arm. Depending on the dose you need, the pump will run for 3 to 4 days.
- You may still have pain with a nerve block and need to take additional pain pills as prescribed by your doctor.

Nerve Block Placement



Nerve Block Equipment



Nerve Block Education

- Please read the Nerve Block Catheter/Home Pump Patient Education Guide
- Watch the Nerve Block Patient Education Video on the website trinityhealthmichigan.org/ortho-help
- Once you are home, a 24-hour patient hotline is available to contact for any questions or concerns.

Nerve Block Catheter/Home Pump

OR Dynamics 24-hour hotline: 877-620-6060 | 888-343-7171

To help with pain relief after your surgery, your doctor may suggest placing a nerve block catheter. This tiny tube (catheter) is connected to a pump that will deliver numbing pain medication to provide pain relief in the area you had surgery. It is common to experience some numbness and tingling in the surgical arm or leg while receiving this medication. You may still have some pain with a nerve block catheter and need to take additional pain pills as prescribed by your doctor. The hope is that with a nerve block, your pain pill usage will be less.

Information about the local Anesthetic (Numbing) Medication

- Some loss of feeling or numbness at or around the surgery area is completely normal while you are receiving this medication or as long as the pump is running. If you develop a complete numbness or become uncomfortable, stop the pump and contact OR Dynamic 24-hour patient hotline (877-620-6060 or 888-343-7171).
- If you notice any of the following symptoms stop the pump: call the OR Dynamics hotline or if you experience any of the medical emergency symptoms in **red, call 911**.
 - difficulty swallowing
 - dizziness
 - lightheadedness
 - metallic taste
 - nervousness
 - numbness around the face or mouth
 - rash/hives
 - ringing in the ears
 - twitching
 - chest pain
 - confusion
 - convulsions/seizures
 - difficulty breathing
- Avoid exposure to extreme hot and/or cold to your arm or leg. The ability to sense temperature can be impacted by the nerve block.

What to know about the Pump and Nerve Block Catheter

- If the pump alarms, push the Run/Pause (rectangle button):
 - Check to make sure there is medication left in the medication bag
 - Check to make sure there are no kinks in the line or the clamps are closed
 - Then, restart the pump by pushing the Run/Pause button again
 - If the alarm continues, call the OR Dynamics hotline
- Care should be taken to not get the pump or bandages over the nerve block catheter wet. Do not drop or strike the pump against hard surfaces.
- The number on the pump should be counting up as you continue to receive the medication.

Please watch the Nerve Block Patient Education Video online: trinityhealthmichigan.org/ortho-help or scan the QR code.



Surgery and Postoperative Recovery

Day of Surgery

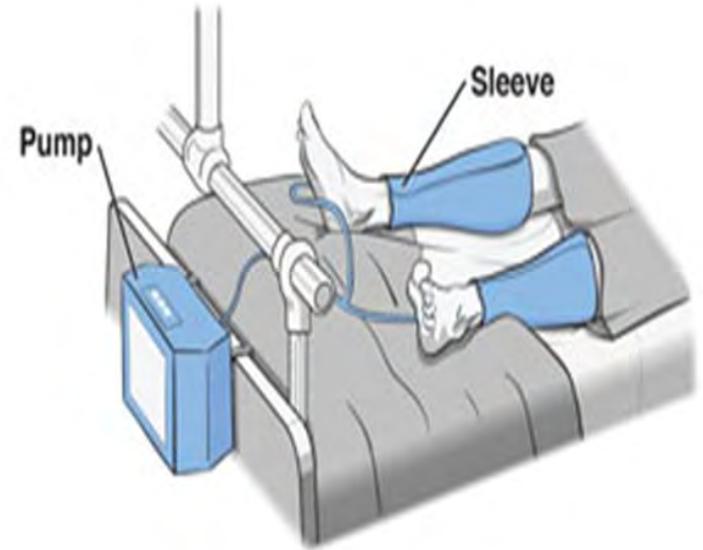
- Meet anesthesiologist to discuss options for anesthesia
- Surgery will take between 1-3 hours and the patient will remain in the recovery room for 1-2 hours so from the beginning of the surgery to arriving on the unit may be up to 4 hours

Recovery Room

- You will wake up after your surgery in the recovery room.
- Your nurse will ask how your pain is on the pain scale of 0-10, 0 no pain, 10 worst pain imagined
- When you wake up you may have a urinary catheter to drain urine, a dressing over your incision, sequential compression devices (SCD's) on your legs, nerve block pump, oxygen in your nose and IV fluids connected to an IV in your arm

Sequential Compression Devices (SCD's)

- A Sequential Compression Device (SCD) is equipment that can assist in prevention of deep vein thrombosis (DVT). It improves blood flow in the legs. SCD's are shaped like “sleeves” that wrap around the legs and inflate with air one at a time. This imitates walking and helps prevent blood clots. You should wear your SCD's any time you are in bed or sitting in a chair.



Incentive Spirometer

Use your incentive spirometer throughout your hospital stay. Please take it home with you after discharge and continue to use it for 2 weeks.

- Sit in an upright position
- Inhale slowly and deeply to raise the indicator
- When you can't breathe in any longer take out mouthpiece and hold breath for 3-5 seconds
- Exhale and repeat 10 times an hour



How to Use an Incentive Spirometer

What to Expect After your Shoulder Replacement

- It is a good idea to have a family member or friend stay with you in case you need any help the first day or two.
- If your surgeon ordered a sling for home use, wear as directed.
- **Washing/Dressing** – You can take your sling off to wash. You may shower after removal of the nerve block pump. Wear easy to put on clothes (clothes that open in the front) -dress your operated arm first.
- **Grooming** – Before surgery, pay attention to your daily grooming habits. Keep in mind that you will not be able to use your operated arm for chores such as brushing your teeth, flossing or hair styling. A disposable electric toothbrush, pre-strung flossers and a low-maintenance haircut may help out
- **Toileting** - you will need to use only your non-operated arm for wiping yourself after using the toilet. If your surgery is on the arm you are used to using, you will need to practice using your other hand before coming in for surgery.

What to Expect After your Shoulder Replacement

- **Household chores** – Avoid lifting anything heavier than a glass of water with your operated arm and nothing heavy with your non-operated arm. Housework will also need to go on hold until after your first post-op visit. When climbing stairs, hold the railing with your non-operated arm.
- You may activate metal detectors in airports
- Limit your car rides to short trips. Do not drive until your doctor authorizes

Mobility

- Therapy will be prescribed per your surgeon's recommendation- usually 2 weeks after surgery
- **Avoid** reaching out to the side
- **Avoid** turning the arm in or putting your hand across the body
- **Avoid** placing your arm in any extreme position, such as straight out to the side or behind your body
- **Do not** use the arm to push yourself up in bed or from a chair because this requires forceful contraction of muscles
- **Do not** lift anything heavier than a glass of water, until allowed by your surgeon
- Increase your walking every day. It is important to get up every hour when you are awake to prevent blood clots.

Home Activity Preparation

- Practice these daily tasks before your surgery without using the arm you will be having surgery on
 - Getting in and out of bed
 - Getting up and down from a chair
 - Getting dressed
 - Going to the bathroom
 - Bathing

Upper Body: Dressing Button-Up Shirt



Thread surgical arm into sleeve. Pull up sleeve as much as you can, without moving the shoulder



Using your non-surgical arm, pull the shirt around your back



Thread non-surgical arm through sleeve. You may use both arms to zip or button up your shirt. If applicable place sling to surgical arm after you get dressed

Upper Body Dressing: Pull over shirt



Thread surgical arm through sleeve first, pull up sleeve as high to armpit as you can



Then feed through other arm, avoiding moving your surgical arm



Using "good arm", pull your shirt over and through head opening



Using your unaffected arm, adjust the shirt down over your trunk. Replace sling if indicated once shirt is on

Managing a Sling



Place operated arm in sling, you may need to sit and lay it on your lap to thread, making sure your elbow is all the way back in the sling



Using your unaffected arm, bring the strap around the back of your shoulder and neck



With Velcro side facing up, thread strap through ring and attach, until arm is elevated to at least 90 degrees at elbow



Make sure sling is positioned correctly with elbow all the way to the back of the sling, strap is adjusted so arm is parallel to hips

DonJoy - UltraSling



After Discharge from the Hospital

- You are encouraged to return to your normal eating and sleeping patterns as soon as possible- sleeping during the day will make it difficult to sleep at night.
- You might have less of an appetite for a while. Be sure to drink plenty of fluids.
- Your energy level may be less than usual for a few weeks after surgery.
- Constipation may result from pain medication. Use a stool softener (Colace) or laxative (Senna or Miralax) if needed.
- You are at risk to fall. When using a sling your center of balance is altered. Therefore, take precautions not to fall.
- You may find it easier to sleep on your back for comfort with a small pillow under your elbow for support. Lazy boy chairs are also a good option.
- Your arm is going to be swollen and bruised. If your hand/forearm swells, elevate your hand above your elbow with a pillow keeping your elbow at your side against your body.

Possible complications following surgery

- Blood clots –Take your anticoagulation medication as instructed. Perform ankle pumps while in the chair and bed. Use SCD's while in bed/chair. Call your doctor for pain, redness, warmth or swelling in your calf. If you have chest pain, shortness of breath, or confusion- call 911
- Infection – Follow instructions given at discharge to prevent infection. Do not use any creams or lotions on your incision. Call your doctor for increased drainage from your incision, redness moving away from the incision line, sudden increased pain at the incision and fever greater than 101.5
- Constipation – Your pain medication can make you constipated. Make sure you take laxatives (Miralax or Senna) and stool softeners (Colace) following your discharge and eat a diet high in fiber and drink lots of water.
- Pain - Make sure you take your pain medication as instructed. Use ice bag/cold machine

Discharge

- Please make sure you arrange to have someone available to drive you home
- Our discharge planners will meet with you if you have any discharge or equipment needs
- We recommend that you have someone to help you at home for several days, up to a week--it does not need to be 24/7
- Don't turn down offers for help! Help with meals is particularly helpful
- Discharge instructions will be given to you by your nurse. Prescriptions can be filled in our pharmacy if you wish, just ask your nurse how to do this

Questions?

- If you have any questions about anything you have heard today, or have any concerns please do not hesitate to contact me
 - If your surgery is in Ann Arbor- contact
 - Molly-Orthopedic Nurse Navigator 734-712-2392
 - Molly.Sieffert@Trinity-Health.org
 - If your surgery is in Brighton- contact
 - Keri-Orthopedic Nurse Navigator 810-844-7614
 - Keri.Massey@Trinity-Health.org
- **If you have urgent questions, please call your orthopedic surgeons office**

Enjoy Your New Shoulder!

Your preparation and hard work
will pay off

You will be very glad you had
the surgery

We wish you well!