

pure

ORTHOPEDICS

WORLD CLASS
MINIMALLY INTRUSIVE
ORTHOPEDIC CARE



MINIMALLY INVASIVE SHOULDER REPLACEMENT
WITH DR. DAVID SCHNEIDER

Welcome

Dr. Schneider's team, is excited to guide you through your journey to improving your quality of life so you can feel better and do more!

This journey represents a commitment between all of us to give you the best quality experience with every effort to optimize your outcome. We continually review patient experiences, discuss the latest advancements and strive to improve our ability to deliver the best shoulder replacement experience possible.

At Pure Orthopedics we believe that patients desire compassion, a personalized approach to their orthopedic care, unwavering confidence in their surgeon, and exceptional access to their doctor and their medical team. Pure Orthopedics delivers excellent outcomes through world-class surgeons, minimally invasive surgery, and unparalleled access to our doctors. It is what we would want for our own family members, and what we want for our patients.

In short, Pure Orthopedics offers world-class, minimally invasive surgery that is minimally intrusive to your lifestyle.

Please take the time to review this guidebook, as it has been prepared to specifically educate you on the surgical process and answer many common questions. We welcome additional questions and discussion from you and your loved ones to make sure we are on the same page. We look forward to helping you through this experience and are honored you have chosen us to be your orthopedic providers. We are committed to helping you feel better and do more!

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Important Phone Numbers

PURE Office Number

Call: 720-782-7870

Panorama Physical Therapy

Golden: 720-497-6616

Westminster: 720-497-6666

OrthoColorado Hospital

11650 W. 2nd Place
Lakewood, CO 80228
Main Line 720-321-5000

St. Anthony Hospital

11600 W. 2nd Place
Lakewood, CO 80228
Main Line 720-321-0000

Shoulder Replacement: Brief Overview

Shoulder Replacement: Brief Overview

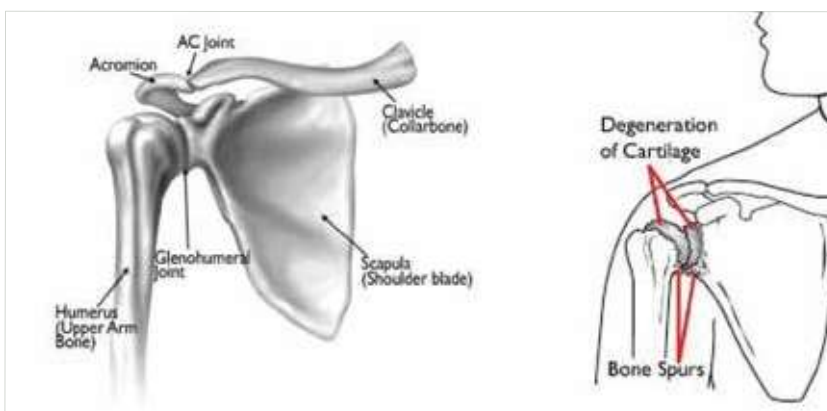
Your shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle). The head of your upper arm bone fits into a rounded socket in your shoulder blade. This socket is called the glenoid. A combination of muscles and tendons keeps your arm bone centered in your shoulder socket. These tissues are called the rotator cuff.

There are two joints in the shoulder, and both may be affected by arthritis. One joint is located where the clavicle meets the tip of the shoulder blade (acromion). This is called the acromioclavicular (AC) joint. Where the head of the humerus fits into the scapula is called the glenohumeral joint.

Shoulder arthritis is common and can greatly impact your life, resulting in shoulder pain and limiting your shoulder motion. These limitations can affect your quality of life and make daily activities challenging and sometimes impossible. While this problem has seriously impacted your life, a joint replacement can offer significant pain relief, improved function, and enhance your overall quality of life.

To provide you with an effective treatment, your surgeon will perform a detailed medical history, physical examination and medical imaging of your shoulder to determine which joint is affected and what type of arthritis you have. There are 5 common types of arthritis that affect the shoulder. The most common form of shoulder arthritis is osteoarthritis and occurs with “use and overuse” of your shoulder throughout your life. This condition occurs as the smooth cartilage of your shoulder is worn down and with periods of movement these rough surfaces rub together causing you pain. Additionally, arthritis can occur as a result of Rheumatoid (Autoimmune) disease, trauma or fracture, AVN (Avascular Necrosis) or rotator cuff tear arthropathy.

For more information about shoulder arthritis please see the American Academy of Orthopaedic Surgeons website at: <https://orthoinfo.aaos.org/en/diseases--conditions/arthritis-of-the-shoulder/>



The bones and joints of the shoulder.

J Bernstein, ed: Musculoskeletal Medicine. Rosemont, IL, American Academy of Orthopaedic Surgeons, 2003.

Dr. Schneider may recommend shoulder replacement surgery if other strategies to improve your shoulder pain and function are ineffective. In a shoulder replacement surgery, the damaged arthritic surfaces are removed and replaced with metal and plastic surfaces. Based on your history, medical imaging and an extensive examination your surgeon will determine the size, type and method used to ensure the optimal fit and outcome.

There are 3 common surgical replacement (arthroplasty) options in the shoulder:

Hemiarthroplasty- in this procedure just the head of the humerus is replaced by an artificial metal surface.

Total Shoulder Arthroplasty- in this procedure the head of the humerus and the glenoid are replaced. A plastic “cup” is fitted into the glenoid and a metal “ball” is attached to the top of the humerus.

Reverse Total Shoulder Arthroplasty- in this procedure, the ball and socket are “reversed” compared to a standard total shoulder arthroplasty. The metal ball is fixed to the glenoid and the plastic cup is fixed to the top of the humerus.

Shoulder Hemiarthroplasty Total Shoulder Arthroplasty



Reverse Total Shoulder Arthroplasty



Facility Locations and Contact Information

OrthoColorado Hospital

11650 W. 2nd Place
Lakewood, CO 80228
Main Line 720-321-5000

St. Anthony Hospital

11600 W. 2nd Place
Lakewood, CO 80228
Main Line 720-321-0000

Surgery Scheduling and Requirements

1. Dr. Schneider and his care team will discuss the following with you:
 - a. Indications for surgery
 - b. Benefits/Risks of surgery
 - c. Alternatives to surgery
2. Finalize with Dr. Schneider that you wish to proceed with shoulder replacement surgery.
3. You will meet with your surgery scheduler to schedule your surgery.
4. Prior to your scheduled surgery, you will **REQUIRE medical clearance from your primary medical provider**. Medical clearance typically includes a physical examination, blood work, EKG, and any other tests deemed necessary by your PROVIDER. Surgery **cannot proceed** without prior clearance! If you do not have a primary medical provider, please let us know and we will help to arrange medical clearance for you.
5. Dr. Schneider and the care team STRONGLY SUGGEST that you please watch our pre-surgery shoulder education video to help prepare you and answer any questions. Please scan the QR code below to watch this educational video.
6. Plan to have a family member or friend support person to attend the class with you, take you home from the surgical facility and assist you while recovering at home.

To view the joint class video, scan the code below
or visit <https://vimeo.com/592795406/d5a5e3d3d7>



Surgical Checklist

45 Days Before Surgery

- Schedule your medical clearance appointment with your primary care provider (PCP) ASAP. Failure to complete medical clearance is a common cause for surgery delay and cancellation.
- Please anticipate seeing any specialist who has provided care to you in the past 12 months (i.e. cardiology, pulmonology).
- Make a discharge plan to include a family or friend support person that can attend the class with you, take you home from the surgical facility and assist you while recovering at home.
- Schedule pre-surgery shoulder class. (Please have your support person attend the class with you).

Surgical Checklist

30 Days Before Surgery

- Begin pre-operative exercises listed on **page 14** of this book as this will help with your strength after surgery.
- Arrange work and your social calendar to accommodate recovery time. Your surgeon and care team will let you know when you can return to work and other activities after surgery. Please email any disability or FMLA paperwork to drschneiderpc@panoramaortho.com **at least 2 weeks prior to your surgery.**
- Please contact scheduling at 720-782-7870 to schedule your first outpatient physicaltherapy session. Dr. Schneider recommends that you have your first formal therapy session with outpatient physical therapy 2-3 weeks after your shoulder replacement surgery and expect to have 2 sessions/week. Please arrange transportation to these biweekly sessions for the first 2 weeks or until cleared by your surgeon to drive.
- Consider purchasing a Cold Therapy Unit. These are available for purchase at our DME store (303.233.1223 ext 1600). Please see **page 32** for further details.
- Dental Appointments or major dental work must be completed 30 days prior to your surgery. Non-urgent dental work should be postponed 3 months following surgery.
- Please contact your surgeon or care team if you are having any minor medical procedures or urgent dental procedures 30 days prior to your surgery. Avoid joint injections 3 months prior to joint replacement surgery.
- Review infection prevention instructions, please see **page 31**. Patients are to wash with an antiseptic solution the night before surgery. This is available for purchase at the Panorama DME store (303-233-1223 ext. 1600).
- If you smoke, you should attempt to stop smoking before surgery. Tobacco containing products can increase your risk of infection and complications after surgery. If you are unable to stop smoking, please ABSTAIN for 24 hours before your surgery and at least 48 hours after surgery. All surgical facilities are non-smoking facilities. If you need help with smoking cessation, please visit www.coquitline.org or call 1-800-QUIT-NOW.

7 Days Before Surgery

- Contact your surgeon if there is a change in your medical condition (cold, infection, fever, cuts/scrapes) as it may be necessary to reschedule your surgery.
- Please review **pages 18-21** for detailed medication recommendations by your surgeon and primary medical provider before your surgery. Please contact your primary care provider with specific questions or concerns.
- You will receive a call from the surgical facility PATT department (preadmission testing and teaching) prior to your surgery. These nurses will review your medical history, surgical history and your current list of all medications, vitamins and supplements. They will also give you individualized medication instructions. Prior to your call, please have a list of all medications, vitamins and supplements ready, as well as a pen and paper to take notes.
- You will receive a call from the surgery facility scheduler 24-48 hours prior to your surgery with the time of your surgery.
- Please refrain from shaving the area of your surgery (including underarms) 7 days prior to your surgery date to avoid cuts or nicks.
- Please review **page 12** for instructions to ensure a safe home environment prior to your return home. If you have pets, please arrange for a family or friend to assist in caring for them for a few days after you return home.
- Stay well hydrated by drinking water and maintain a well balanced diet to include fiber rich foods such as fruits and vegetables. This will additionally help to prevent constipation after surgery. Please review **page 30** for a reference to improve your nutrition and prepare your body for surgery.
- Confirm your first post-operative appointment date and time.

Surgical Checklist

Night Before Surgery

- **PLEASE** Shower using Chlorhexidine (Hibiclens) to help prevent infection. Please see **page 31** for detailed instructions. Do not use any lotions, creams or deodorant on your skin prior to surgery.
- **DO NOT eat or drink anything after midnight** the evening before your surgery or your surgery will be cancelled. This includes chewing gum, mints or tobacco products after midnight.

Day of Surgery

- Only take the medications you have been instructed to take the day of surgery with a small sip of water. Please see **page 21** for medication instructions by your surgeon and your primary medical provider.
- Please bring your picture ID, insurance card and a current list of medications, vitamins and supplements.
- Do not apply lotions, deodorants or perfumes.
- Please bring with you eyeglasses, hearing aids, dentures or any device needed to aid in your care. If you have a Cold Therapy Unit (ice machine) please bring it with you.
- Please leave jewelry or valuables at home.
- Wear an oversized overhead t-shirt and loose fitting pull on pants or shorts for returning home. We recommend wearing comfortable closed heel slip on shoes.
- Arrive at the surgical facility as instructed to check in. Please expect to arrive at the surgical facility at least two hours prior to your surgery time and allow for traffic and inclement weather that could delay your arrival time.

Preparing Your Home

To ensure a safe environment, it is important to take specific measures to prepare your home for your post-op return. Use the checklist below as a helpful resource:

- Apply adhesive strips to bottom of bathtub or shower area. Wet floors are a high fall risk.
- Shop for groceries and stock up with nutritious food for your recovery.
- Prepare and freeze meals in single serving containers.
- Identify any uneven surfaces inside and outside your home. These are trip hazards. If a trip hazard can be removed, like a throw rug, a long bed skirt, or an electrical cord please do so.
- Install or tighten any loose railings on stairways.
- Install nightlights in bathrooms, bedrooms and hallways and replace light bulbs.
- Arrange items in kitchen, bathroom and bedroom to be easily accessible without having to lift or bend, including your phone and a phone charger.
- Keep pets in another room until you are safely settled in your home. Pets and small children can be trip hazards.
- Tend to any household chores like laundry and yard work.
- Put clean linens on your bed and have another set clean and ready.
- If you have purchased an ice machine, also purchase 8-12 pre-frozen water bottles 16 ounces or smaller to use in your ice machine. Remove the labels from bottles to prevent clogging the filter and store them in the freezer.

Building Your Recovery Team

Discharge planning is a very important step of preparing for a same-day shoulder surgery. **Our goal is to return you to your home environment the day of your surgery.** You will be most comfortable and more active in your home setting, which will lead to your optimal recovery.

As a candidate for a same-day shoulder replacement, we suggest a family or friend to be with you for the first 72 hours after discharge from our surgical facility. This may vary depending on your personalized needs. Although you will be independent, having someone to help with medication administration, meal preparation, and daily chores will ensure your needs are met. As your family and friends play a pivotal role in your surgical process, we would like you to involve them throughout the preparation, surgery and recovery from your shoulder replacement. Your support person is encouraged to participate in all facets of the surgical process to include joint class, day of surgery process, and therapy/surgeon visits.

Shoulder Physical Therapy Exercises

Strong, healthy individuals recover significantly faster. You are encouraged to walk at least 20 mins, 3 times per week to increase exercise activity prior to surgery. Every little bit of strength will help during your postsurgical recovery. Start practicing the exercises below twice a day for at least four weeks before your surgery.

Please Note: Sets and repetitions are based on low intensity guidelines. All below exercises are appropriate for pre-operative preparation for shoulder surgical interventions.

Upper Extremity Stretching

These stretches are safe to perform prior to surgery in a pain-free range



UPPER TRAPEZIUS STRETCH

While sitting in a chair, hold the seat with one hand and use other hand to slowly bend your head to the opposite side. You should feel a stretch to the side of your neck.

3 sets, 30 second hold, 1-2x/day



LEVATOR SCAPULAE STRETCH

While sitting in a chair, hold the seat with one hand and using the other arm rotate head and gently pull towards armpit. You should feel a stretch on the back side of your neck.

3 sets, 30 second hold, 1-2x/day



PECTORALIS MAJOR DOORWAY STRETCH

While standing in a doorway, place palms on door frame with your arms at waist height. Gently lean in until a stretch is felt along the front of your chest and/or shoulder. Step forward to feel the stretch, do not lean on your shoulders.

3 sets, 30 second hold, 1-2x/day

Shoulder Physical Therapy Exercises

Range Of Motion Exercises

These range of motion exercises are safe to perform prior to surgery in pain free range.



PENDULUMS

Lean forward on table with affected arm hanging down. Slowly rotate at hips to create circular motion with arm. Repeat in clockwise and counterclockwise direction

2 sets, 20 repetitions, 1-2x/day



TABLE SLIDE FLEXION

Sit in a chair and place your affected arm on the table. Slowly slide arm forward until a stretch is felt. Hold, then return to starting position and repeat. It is ok to gently lean forward with your body.

2 sets, 10 repetitions, hold 10 seconds. 1-2x/day



TABLE SLIDE SCAPTION

Sit in a chair and place your affected arm on the table. Slowly slide arm out to side at a 45-degree angle until a stretch is felt. Hold, then return to starting position and repeat.

2 sets, 10 repetitions, hold 10 seconds, 1-2x/day



TABLE ABDUCTION

Sit in a chair and place your affected arm on the table. Slowly slide arm out to side until a stretch is felt. Keep elbow bent if needed. Hold, then return to starting position and repeat.

2 sets, 10 repetitions, hold 10 seconds, 1-2x/day



CANE FLEXION

Laying on your back with a cane (or similar object) slowly raise cane above head until stretch is felt in shoulders

2 sets, 10 repetitions, hold 10 seconds, 1-2x/day

Shoulder Strengthening

These strengthening exercises are safe to perform prior to your shoulder surgery in a pain-free range



SCAPULAR RETRACTION

Squeeze shoulder blades together as if you were pinching a pencil between your shoulder blades. Try to avoid shrugging shoulders up.

2 sets, 10 repetitions with 10 second hold, 1-2x/day



BENT OVER ROW

Lean over on table with one arm for support, other arm hanging down. Pinch shoulder blade towards spine, bringing arm up in a rowing motion in line with torso. Allow elbow to bend as you pull your arm up. Can be performed with light weight in pain-free range.

2 sets, 10 repetitions, 1-2x/day



BENT OVER SHOULDER EXTENSION

Lean over on table with one arm for support, other arm hanging down. Pinch shoulder blade towards spine, bringing arm back in a straight line up to height of your torso. Can be performed with light weight in pain-free range.

2 sets, 10 repetitions, 1-2x/day

Shoulder Physical Therapy Exercises



BICEPS CURL

With arms hanging at your side, squeeze shoulder blades together and curl elbows up. This can be performed with light weight in pain-free range.

2 sets, 10 repetitions, 1-2x/day



TRICEPS KICKBACK

Lean on table with one arm for support, hold other arm at side in line with torso with elbow bent. Slowly extend at your elbow until arm is straight.

2 sets, 10 repetitions 5 second hold, 1-2x/day

Medications To Stop Before Surgery

Stop at Least 7 Days Prior to Surgery

Stop all Aspirin* containing products such as:

Coated ASA
Uncoated ASA
Ecotrin BC Powder

Disalcid Salsalate
Dolobid Diflunisal
Alka-Seltzer

Goody Powder
Norgesic
Pepto Bismol
Percodan

Stop all Antiplatelet* Medications such as:

Aggrenox (aspirin +
dipyridamole)

Plavix(clopidogrel)

Pletal(cilostazol)

Trental(pentoxil)

***If You Have Heart Stents: DO NOT STOP PLAVIX OR ASPRIN UNTIL SEEN AND DIRECTED BY A CARDIOLOGIST PRIOR TO SURGERY.**

Anticoagulation medications such as Coumadin, Lovenox, Eliquis or Xarelto need special instructions. Please discuss with your primary medical provider prior to surgery.

Stop all birth control pills & any male or female hormone (including creams or patches) such as:

Estrogens
Estradiol
Estraderm
Estratest

Premarin
Prempro
Estrace

Ogen
Emcyt
Testosterone

Stop all herbal & weight loss medications such as:

Alpha lipoic acid
Cinnamon
Chamomile Creatine
Echinacea Acetyl
L-carnitine

L- carnosine
Ephedra Fish oil
Garlic Ginkgo Milk
Thistle

Glutamine
Goldenseal Licorice
Kava
Ginseng

Skullcap Saw
Palmetto
St. John's Wort
Tumeric

Medications To Stop Before Surgery

Stop all vitamins and joint supplements containing products such as:

| | | |
|-----------|-------------|-------------------------|
| Vitamin A | Fish Oil | Krill Oil |
| Vitamin C | Omega 3,6,9 | Glucosamine Chondroitin |
| Vitamin E | CoQ10 | MSM |
| Vitamin K | Juice Plus | |

Stop all non-steroidal anti-inflammatory (NSAID) medications such as:

| | | | |
|------------|---------------|--------------|---------------|
| Ibuprofen | Relafen | Diclofenac | Celebrex |
| Advil | Nabumetone | Etodolac | Celecoxib |
| Nuprin | Arthrotec | Mobic | Aleve |
| Ketoprofen | Voltaren | Meloxicam | Anaprox |
| Oruvail | Tolectin | Naproxen | Ansaid |
| Orudis | Tolmetin | Naprosyn | Feldene |
| Cataflam | Lodine | Indocin | Naprelan |
| Clinoril | Meclomen | Oxaprozin | Lodine |
| Sulindac | Meclofenamate | Daypro | Meclomen |
| Piroxicam | Mediprin | Indomethacin | Meclofenamate |
| Naprelan | | | |

Contact your primary care provider or specialist for instructions if you take any of the following medications:

| | | |
|----------|----------|----------|
| Humira | Kineret | Cimzia |
| Remicade | Cosentyx | Orencia |
| Imuran | Stelara | Librium |
| Enbrel | Benlysta | Librax |
| Rituxan | Xeljanz | Cytoxan |
| Actemra | | Adderall |

Medication Recommendations

You may continue taking the following medications:

- Cholesterol medications
- Psychiatric medications
- Gabapentin
- Tylenol (regular, extra strength, arthritis)
- Ultram (Tramadol)
- Thyroid medications
- Ultracet
- Iron supplements
- Blood pressure medications – see additional instructions below regarding your blood pressure medication.

Preventing and Treating Narcotic-Induced Constipation:

- For constipation start Senna-S (Senna + Docusate) 2 days before surgery (can substitute with Senna and Docusate as separate medications).
- Take 2 tablets, twice a day starting 2 days before surgery - if you experience loose or watery stools, STOP using the Senna-S and resume it the night of surgery.

Day of Surgery Medication Recommendations:

You should NOT take the following blood pressure medications on the day of surgery:

- ACE Inhibitors. Common ACE Inhibitors include:
benazepril (Lotensin), captopril (Capoten), enalapril (Vasotec), lisinopril (Prinivil, Zestril), quinapril (Accupril)
- Angiotensin Receptor Blockers (ARBs). Common ARBs include:
losartan (Cozaar), olmesartan (Benicar), telmisartan (Micardis), valsartan (Diovan)
- Diuretics. Common diuretics include:
hydrochlorothiazide (HCTZ, Microzide), furosemide (Lasix) spironolactone (Aldactone), triamterene (Dyrenium), chlorthalidone, bumetanide
- Pills that contain combinations of ACE Inhibitors, ARBs or diuretics

It is OK to take the following blood pressure medications on the day of surgery (with a small sip of water):

- Beta blockers. Common beta blockers include:
atenolol (Tenormin), metoprolol (Lopressor, Toprol), carvedilol (Coreg), propranolol (Inderal), acebutolol, bisoprolol, nadolol, penbutolol, pindolol
- Calcium channel blockers include:
amlodipine (Norvasc), diltiazem (Cardizem, Tiazac), ifedipine (Procardia), verapamil (Calan, Verelan, Covera-HS, nicardipine (Cardene SR), felodipine
- Vasodilators. Common vasodilators include:
hydralazine, minoxidil, clonidine (Catapres), doxazosin (Cardura)

What To Expect the Day of Surgery

The surgical facility will inform you of your check in time for your procedure and we appreciate your timely arrival. Once the registration process is completed, a pre-operative nurse will assist you to your pre-operative room.

Pre-operative Area

In the pre-operative room, your nurse will take your vital signs, review your medical and social history, and start your intravenous (IV) access line. You will visit with your surgeon, anesthesiologist and other members of your care team will be available to answer any additional questions.

During your time in the pre-operative area, you and your support person will receive additional information on what you can expect throughout the day as you progress through the phases of care to prepare for discharge. The phases of care are pre-operative room, operating room, recovery room and discharge phase. Plan to go home the **SAME DAY OF YOUR SURGERY** when you meet all discharge criteria.

Anesthesia

The surgical facility anesthesia team is made up of Board Certified or Board Eligible Physician Anesthesiologists and Certified Registered Nurse Anesthetists (CRNAs). Your anesthesiologist will speak to you before surgery to discuss any health concerns and types of anesthesia that will be used during surgery. He or she will explain the risks and benefits associated with the different anesthetic options, as well as any complications or side effects that can occur with each type of anesthetic.

Comprehensive Anesthesia

General anesthesia:

- Anesthetic gas is administered, which requires a small breathing tube inserted after you are asleep and removed before you are awake.
- You will be fully asleep during your surgery.

Regional Anesthesia: Peripheral Nerve Blocks

- Your Anesthesiologist will discuss with you the various options for regional nerve blocks. He or she will customize a plan based upon your medical history & surgical procedure.

Preparing for Discharge

Post-Anesthesia Care Unit (PACU)

Phase One: Recovering from surgery

After surgery, you will be transferred from the operating room to a recovery area where you will stay for 1-2 hours as you wake from surgery. Your nurse and anesthesiologist will closely monitor your vital signs and manage your pain.

Phase Two: Discharge planning

Once your vitals are stable, you will begin to mobilize with nursing assistance using your new sling. During this phase, the care team will review mobility, home safety and activities of daily living that can be directly affected by your surgery.

Your discharge nurse will review your discharge instructions with you **AND** your support. Your discharge instructions will address medications, activity, pain management, infection, blood clot prevention and surgeon specific instructions

In order to be safely discharged, you must meet the following criteria:

- Able to tolerate a regular diet
- Have met mobility goals
- Pain is at a tolerable level

What To Expect After Surgery

- **EXPECT TO HAVE PAIN AFTER SURGERY.** Shoulder replacement surgery is a major operation and can be very painful. Although we cannot eliminate all your pain, we want it to be tolerable enough so that you are able to perform your therapy and daily activities. This is accomplished with appropriate pain medications in addition to ice, elevation, and positioning.
- Bruising and swelling are expected after surgery. Initially, swelling and bruising will be mild. Over the first two weeks, expect swelling and bruising to spread down into the chest area and into the arm and elbow.
- Ice is an essential strategy to help reduce swelling and improve pain. Keep ice applied to the shoulder when at rest. You may use ice packs or the cold therapy unit. Always keep a barrier between the ice pack or cold therapy unit and your skin.
- Sleeping may be difficult in the first several weeks. This is commonly due to the combination of physiologic stress of surgery on your entire body, your post-operative medications and a change in your activity level. Napping during the day is normal, but may make sleeping at night more difficult. If sleeping is an issue please let our team know for further guidance.
- Fatigue also is common following surgery for the same reasons outlined above. Eventually, you WILL get your energy back, but this may take several weeks or even several months for some people.
- Although you may experience a decrease in appetite, surgery is a stress on your body and increases the need for adequate nutrition. If your appetite has decreased, eat smaller, more frequent well-balanced meals. Remember to drink water and stay hydrated.
- Pain medications can cause constipation. Chewing gum, contraction of your abdominal muscles and mobilization to reduce sedentary activity can all assist with mechanical efforts to improve motility of your gastrointestinal tract. Please be sure to stay hydrated and continue laxatives/stool softeners while on pain medication to decrease constipation risk.

Medications After Surgery

You will be on SOME of these medications based on your personalized medication plan. Please see a detailed discharge medication list for your personalized medication plan given to you at the surgical facility.

Opioid Pain Medications for pain control

These medications are as needed and will be prescribed at the time of your discharge from the surgical facility based on your history and tolerance.

Oxycodone: Short-acting pain pill to be used as needed for breakthrough pain. You may take 1-2 tablets every 4-6 hours.

-OR-

Hydrocodone/Acetaminophen (Norco): Short-acting pain pill to be used as needed for breakthrough pain. You may take 1-2 tablets every 4-6 hours. This medication contains Acetaminophen (Tylenol) and is NOT to be used with over-the-counter Tylenol.

-OR-

Hydromorphone (Dilaudid): Short-acting pain pill to be used as needed for breakthrough pain. You may take 1-2 tablets every 4-6 hours.

Medications below are OPTIONAL and will be prescribed at your surgeon's discretion based on your surgery and medical history.

Prescription Muscle Relaxant

This medication may be prescribed and is used as needed to treat muscle spasms after surgery. **Robaxin (Methocarbamol):** Muscle relaxant, take prescribed dose every 8 hours as needed for muscle spasms.

Prescription Nausea Prevention

Ondansetron (Zofran): Nausea medication to be used as needed. You may take one tablet every 4-6 hours.

Over The Counter(OTC) Pain Medication

Acetaminophen (Tylenol): 650mg-1000mg every 6 hours as needed for mild-moderate pain, headache or fever.

Over The Counter(OTC) Constipation Prevention

Senokot-S (Senna Plus): Stool softener/laxative for constipation. Take 2 tablets twice a day starting 2 days before surgery until you are off all narcotics after surgery. May additionally utilize over the counter alternatives(if needed) to include: Miralax, Milk of Magnesia, Magnesium Citrate

Post-Surgical Office Visits

- We will ask you to return to the office at routine times after your discharge from the surgical facility. The initial follow up appointment has been pre-arranged prior to your surgery. If you are unaware of your appointment date, time or location please feel free to email drschneiderpc@panoramaortho.com or call our office at 720-782-7870 for verification.
- Please consult with Dr. Schneider regarding the specific follow up time frames. It is important to come in for routine evaluations and medical imaging of your shoulder even if you are feeling great. This recommendation is to monitor the implant for any signs of loosening, wear or early failure that may need to be addressed ahead of the shoulder becoming symptomatic.
- Should you desire to schedule a visit for any reason you are always welcome to do so.

FAQ's

1. I need a refill of my surgical medications. Who do I call?

If you need a refill of your medication at any point, you need to call Dr. Schneider's main line 720-782-7870 and follow the prompts to speak with his medical care team. Please be aware that requests after 3pm are handled the next business day.

2. I went home with oxygen; how long do I need it and how do I get rid of it?

Occasionally, patients are sent home from the surgical facility with oxygen to help improve breathing for the initial 2 weeks. The decision to put you on oxygen is made by the internal medicine providers and respiratory therapists at the surgical facility . Prior to discontinuing home oxygen, contact your primary medical provider for an evaluation. If discontinuation of oxygen is recommended, please contact the oxygen company on the form that was given to you at the time of your discharge. Most often, there is a contact phone number on the oxygen tank or equipment. If you are unable to locate this contact information, please contact the Respiratory Department at the surgical facility for further instruction to set up a date and time to pick up the oxygen tank.

3. What is the healing process like after a shoulder replacement

Expect to go home the same day of your surgery. On the day of surgery you should expect to walk with staff and your shoulder will be properly adjusted into your new sling to give your shoulder proper support. You will be educated on safe positions, restrictions and positioning tips for your new shoulder.

The first few days are generally the most difficult. Ice and positioning are essential strategies to help reduce swelling and pain. You may apply ice to the shoulder when at rest. You may use ice packs or the cold therapy unit. Always keep a barrier between the ice pack or cold therapy unit and your skin.

4. When can I drive?

Do not drive until you are cleared by your surgeon AND off all pain medications. Do not drive while in your postoperative sling as this can impair your ability to drive and jeopardize your safety and the safety of those around you.

5. When can I return to work? How do I get a disability or FMLA paperwork signed?

Patients will likely remain under some level of work restrictions for the first few weeks after surgery. Please be sure to speak with your surgeon before returning to work as recovery time is individualized based on your specific surgery. Time off of work should be arranged between you and your employer based on your office's policy and your post surgical restrictions. Panorama Orthopedics will not take patients off work, but we are able to provide you with work restrictions to keep you and your shoulder safe. Please obtain the appropriate paperwork from your Human Resources team at work, which can be emailed to your surgeon's team. Please email any disability or FMLA paperwork to the physician communication email box at least 2 weeks prior to your surgery for timely completion.

6. Will I need physical therapy when I go home?

You are recommended to start going to outpatient physical therapy 2-3 weeks after your surgical date. Please see a detailed list of physical therapy locations and their contact information on **page 33** of this packet. Please work with your insurance company to determine "in network" locations and possible co-pays. Physical therapy typically lasts for 6-8 weeks, so please make sure to arrange transportation for the initial recovery period or until cleared to drive by your surgeon.

7. When can I shower or bathe?

You will be in a sling after your surgery. This is NOT waterproof and you will need to remove your sling for the shower. You may shower with your surgical arm directly at your side or place your hand on your stomach in the sling position. The surgical dressing on your shoulder incision is waterproof and may get wet from a shower. DO NOT submerge your shoulder in a bath, pool or hot tub until cleared by your surgeon. Please make sure someone is home for the first 2-3 showers to assist you and make sure you do not become lightheaded or fatigued.

8. What should I do to avoid or alleviate constipation?

While taking narcotic pain medication, it is important to be aware of constipation. Continue to stay hydrated and increase intake of high fiber foods. Additionally, please start taking a stimulant laxative (Senna) two before surgery and continue it twice daily until you have a normal bowel movement or while taking narcotic pain medication. Stop the stimulant laxative if you start to experience loose or watery stools. If you continue to have constipation you can take Milk of Magnesia, Miralax or Magnesium Citrate, which are stronger laxatives. If constipation persists, it is safe to try Dulcolax suppositories or a Fleets enema. All of these medications can be bought over the counter at your pharmacy. Chewing gum, contraction of your abdominal muscles and mobilization to reduce sedentary activity can all assist with mechanical efforts to improve motility of your gastrointestinal tract.

If you are not passing gas, having increased abdominal pain/bloating, or unable to keep liquids down please contact your primary care provider for further instructions.

9. When can I travel? Do I need a special card to give to the security agent for screening?

There are no formal travel restrictions following your shoulder replacement, but we do recommend you walk frequently to avoid blood clots and stiffness. You do NOT need a special card or note for TSA or the airlines. Simply inform the security agent you have a shoulder replacement and they will screen you appropriately.

Nutritional Guidelines

Nutritional Guidelines

Surgery can stress your body, but if you prepare for it, you can reduce the stress. Improving your nutrition can have a significant impact on the speed and quality of your recovery. If able, increasing your activity will help prepare your body for surgery. Please note, if you use tobacco products, quitting is essential.

Good nutrition is important before and after surgery as part of your treatment and recovery plan. Eating healthy foods and a variety of foods will help you heal faster.

A balanced diet that includes a variety of fruits and vegetables offers many health benefits. Fruits and vegetables have antioxidant and anti-inflammatory properties that are essential for good health. To follow a balanced and healthy eating pattern:

- Fruits and vegetables: Select a variety of five or more servings a day. These plant foods have phytochemicals (plant chemicals) that provide health benefits for the body.
- Vegetables high in phytochemicals include broccoli, cauliflower, kale, cabbage and brussels sprouts. Choose fruits and vegetables of every color to increase your variety.
- Lean protein: Include a source of protein at each meal. Protein is an important nutrient needed to make and repair cells in the body and an increase in protein is required after surgery.
- Healthy sources of proteins include poultry, lean cuts of pork, fish, dried beans, low fat cheese and milk, Greek yogurt, legumes, and nuts.
- Avoid fried foods, and fatty meats.
- Limit refined sugar intake (sugar-sweetened beverages, desserts, etc).
- Stay hydrated with plenty of water.
- If you have diabetes, make sure your blood glucose is under control prior to surgery.

Use the ChooseMyPlate.gov guidelines from the USDA as a model of a healthy diet. For more nutrition and meal planning resources, please visit Academy of Nutrition and Dietetics: www.eatright.org

Chlorhexidine Gluconate (CHG) Pre-Op Bathing Instructions

Panorama follows a standardized process for the prevention of surgical site infections. Below is a summary of the things you can do to help.

PLEASE READ ALL INSTRUCTIONS COMPLETELY PRIOR TO BATHING PRE-SURGERY

Most drug stores will carry small bottles(8oz) of chlorhexidine gluconate (4% CHG) that you may purchase for about \$5.00. Look for Hibiclens® or Dyna-Hex®, or ask the pharmacist. These are also available for purchase at Panoramias DME Store. *NOTE: this product will not be covered by insurance.*

- The night before surgery, place a fifty-cent piece size of CHG solution onto a clean washcloth and apply to all body surface areas (excluding face, hair and genitals).
- Wash thoroughly with special attention on the area where your surgery will be. Use additional soap when needed to cover all areas.
- At the end of your shower, wait 2 minutes before rinsing the soap-like material off of your skin surfaces. Use a clean towel to pat dry.
- Do not apply lotion, creams, or deodorant after your shower.
- If possible, sleep in clean pajamas and on clean sheets the night before surgery.
- Do not shave the area of surgery.
- DO NOT use this product on your body or incision after surgery.

CAUTION: Do not use it on the face, eyes, ears, or mouth and avoid use in genital area. If you accidentally get some of the soap in those areas, rinse immediately. If you experience burning or irritation on the skin, rinse immediately and do NOT reapply.

Ice Machine

DONJOY Iceman Classic 3 Cold Therapy Unit

Cold therapy unit helps patients and medical practitioners easily manage post-operative pain and swelling, speeding up patient recovery and rehabilitation. The cold therapy unit can be purchased at the locations listed below. No appointment or reservation is needed to pick up. Please call to confirm availability (303-233-1223 ext.1600).

Item Price: \$195.00 plus tax (this item is not billable to insurance).



| Westminster | Golden | Highlands Ranch |
|---|--|---|
| 14190 Orchard Parkway Suite 200 Westminster, CO 80023 | 660 Golden Ridge Rd. Suite 250 Golden, CO 80401 | 1060 Plaza Drive Suite 200 Highlands Ranch, CO 80129 |

User Tips:

- If you are planning on bringing your cold therapy unit to recovery after surgery please leave it sealed in the box.
- Frozen disposable plastic water bottles can be used as a “reusable” ice cube. You can fit 3-4 standard size (16.9 oz.) water bottles inside the unit. Keep an additional 3-4 in the freezer to swap back and forth. Be sure to take the labels off of the disposable plastic water bottles in order to prevent the paper from coming off in the water and clogging the motor. Refresh the water daily to help keep the unit sanitary.
- Patients should ice 20 minutes on and 40 minutes off unless instructed otherwise by your physician. The easiest way to remember this is to ice for 20 minutes every hour on the hour.
- To clean, circulate warm water and 1-2 Tablespoons of white vinegar. Be sure to clean prior to storing.
- All units are non-refundable once they have been used. The unit has a 6 month manufacturer’ warranty. If any manufacturer issues arise with the unit please bring it to the point of purchase with the receipt in order to repair or replace the unit. We are not able to honor warranty replacements without a receipt present.

For questions please call: 303-233-1223 ext. 1600.

Panorama Physical Therapy Locations

Central Scheduling | 303-274-7330 | panoramaortho.com

Panorama Physical Therapy Golden

660 Golden Ridge Road
Suite 130
Golden, CO 80401

Panorama Physical Therapy at Town Center

1265 Sergeant Jon Stiles Drive
Suite D
Highlands Ranch CO 80129

Panorama Physical Therapy at Bradburn

4550 Main Street
Suite #200
Westminster CO 80031

Panorama Physical Therapy in Littleton

5005 S Kipling Parkway
Unit A-4
Littleton CO 80127

Panorama Physical Therapy Westminster

14190 Orchard Parkway
Westminster, Co 80023

Panorama Physical Therapy Lakewood

437 S Wadsworth Blvd
Unit G
Lakewood CO 80226

Panorama Physical Therapy at Candelas

18068 W 92nd Lane
Suite 200
Arvada, CO 80007

Panorama Summit Orthopedics Frisco

68 School Road
Suite 150
Frisco CO 80443

Panorama Physical Therapy The Institute

1060 Plaza Drive
Suite 110
Highlands Ranch CO 80129

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