



BRIELLE ORTHOPEDICS

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Total Shoulder Replacement Preoperative Instructions & Information

Preparation for Surgery:

Prior to your surgery, I will answer any questions you may have regarding your procedure and recovery. Most of this discussion will take place at your preoperative visit, when we fill out all necessary surgical paperwork. On the day of your preoperative appointment you should be given the specialized sling that you will need after your surgery. It is **IMPORTANT** to remember to bring this with you on the day of your surgery. This is a better quality sling than those offered by the surgery centers or hospitals - hence the reason we set it up before your surgery. In addition, you will be offered an “ice machine” for purchase. Unfortunately, these are not covered by insurance companies and will be an additional charge if you would like one. While not essential, most patients that use an ice machine have less postoperative pain than those who try to use ice packs, so please consider this in your decision.

Please remember that you should not eat or drink anything after midnight on the night before your surgery. This includes coffee or drinks on the morning of your operation. If you take certain necessary medications, please discuss this with me and/or your prescribing physician prior to your surgery to see if you need to take them on the morning of the operation, or wait until after the procedure. This includes blood thinner medications such as Coumadin or Warfarin. Certain surgeries can be done safely while on blood thinner medications while other surgeries require stopping these medications. If you are on a blood thinner, please contact the physician (typically your cardiologist) who prescribes the blood thinner and ask if it would be safe for you to stop taking the blood thinner prior to surgery.

The surgery center or hospital where your surgery will take place will call you the day before your operation to let you know what time you should arrive.

On the day of the operation, please shower or bathe and take care to wash the operative area well with soap and water. This will aid in decreasing the amount of bacteria on your skin, and will help to prevent postoperative infection. Also, keep in mind that most procedures will require anesthesia, which means that you will not be able to drive yourself home from the operation.

After you arrive at the surgery location, I will meet you in the preoperative area to confirm the planned operation and to fill out the remaining paperwork. I will be happy to answer any further questions at this time, and discuss the operation with any family members who may also have questions.

Please remember that I would rather you call with any questions prior to, or after, your operation than let your questions go unanswered!

Bandages & Sling:

It is important that you understand how to care for your surgery site properly. If you have a sling with a strap around your waist and a pillow between your arm and body, this should remain on except for changing clothing and hygiene. However, you should remove your elbow from the sling 3 times a day to bend and extend your elbow to avoid stiffness. While doing these exercises, keep your arm at your side as if the sling were still attached. You should also move your wrist and fingers frequently throughout the day to minimize the chance of blood clots and stiffness. Keep in mind that the purpose of your sling is to protect your soft tissue repairs - removal of the sling too early risks rupturing these repairs and leading to the need for revision surgery.

Your postoperative dressing will have a plastic waterproof layer over the white gauze dressing. You may shower the day after your surgery, taking care to not disturb the adhesive on the plastic dressing. You may remove the entire dressing 4 days after your surgery.

When you remove your dressing, the incisions may be covered by small white tapes called Steri-Strips. If you see Steri-Strips, they should be left in place when changing the dressing (it is okay to shower over them and get them wet).

Occasionally, there may be a small amount of blood staining your bandage, which is nothing you should worry about. However, if there is a lot of bleeding, please call the office.

Washing & Bathing:

In general, keep the wounds clean and dry for the first 4 days after surgery. Beginning on the fourth day after surgery it is safe to shower directly over the Steri-Strips or stitches. Please be gentle with the Steri-Strips. Let the soapy water run over the surgery site, but do not scrub the incision. The shower should be quick, and not too hot. Make sure to pat the wound dry with a clean towel and make sure it has dried sufficiently before placing a new dressing over the wound. Please do not soak the wound or bathe until after your stitches are removed. Avoid going in a swimming pool, lake or ocean until the stitches are removed.

You may find a yellow or orange discoloration on your skin after your surgery. This is a long lasting surgical prep used for sterilization. It is left in place because it acts to kill bacteria for hours. It will be difficult to remove with soap and water and often remains in place for days. Sometimes it can cause itching - if this is the case, try removing it with alcohol wipes first. If itching persists, take Benadryl which you can obtain at your local pharmacy without a prescription.

Ice & Motion:

Application of ice to the surgical site for 20 minutes at a time will reduce swelling and pain. Keep in mind that ice should not be placed directly on the skin, as this can result in frostbite burns. Absolutely no shoulder motion should be performed at all. When you shower, lean your body toward the side of your shoulder surgery and let your arm hang straight down. This will allow you to wash under your armpit. Do not allow your shoulder muscles to move your shoulder - let gravity do all the work.

Physical Therapy:

This type of surgery will require physical therapy. Physical therapy will begin after your first postoperative appointment. At this time, I will give you a personalized rehabilitation protocol along with your physical therapy prescription - you will bring this to your first physical therapy appointment.

Postoperative Appointment:

In general, I prefer for you to schedule your first postoperative visit at the same time you schedule your surgery. Typically, this visit should be 10-14 days after your surgery date unless otherwise instructed. Please use the blank line below to write down your follow up appointment date and time, so that you have an easy reference:

POST-OPERATIVE APPOINTMENT: _____
DATE TIME

Medications:

Current research shows that a combination of over-the-counter medications controls pain better than narcotic medication. A typical regimen of over-the-counter medications includes Tylenol and/or Advil. I recommend you try taking:

- 1000mg of Tylenol (Acetaminophen) every 8 hours
- 600mg of Advil (Ibuprofen) every 6 hours

By staggering the timing of your doses, this regimen can cut down on your . Once your pain is improving, you can wean down the dosage. Patients with a history of bleeding stomach ulcers, severe kidney disease, or on blood thinning medication should NOT take Advil/Ibuprofen/Aleve. Patients with liver disease should NOT take Tylenol/Acetaminophen.

At your preoperative visit, I will give you a prescription for a narcotic medication to control your postoperative pain. The type of medication and number of pills prescribed will depend on the nature of your operation. Please keep in mind that narcotic pain medications can NOT legally be refilled over the phone, so any requests for narcotic refills should be made during business hours - otherwise I will have no way of getting a new prescription to you.

Often, the anesthesiologist will perform a "block" which will completely eliminate pain for several hours after your surgery. Keep in mind that this block will wear off, and you should begin taking your pain medicine as soon as you begin to feel the block wearing off. Or, if it has not worn off by the time you go to bed, take a pain pill before going to sleep so that you do not awaken in severe pain if the block wears off while asleep.

Some patients may experience nausea with narcotic pain medications. The best prevention for this is to take the medicine with food.

Postoperative Complications:

If any of the following should occur, please do not hesitate to call our office at 732-840-7500.

- Increasing pain despite pain medications
- Drainage from the wound more than 2 days after your surgery
- Increasing redness, pain or swelling at the surgery site
- Fever greater than 101° which does not go down with Tylenol
- Nausea/vomiting with pain medication

Try to call during business hours in the case of a routine question or concern (8:00am - 4:00pm). For any urgent problems, the above office phone number is in service 24 hours a day, 7 days a week. If you call after hours, the call will be routed to our answering service who will put you in touch with our “on-call” Physician Assistant. The Physician Assistant will be able to assist you, but if the Physician Assistant has any more serious concerns, the Physician on call will be contacted. Also remember that if any emergency occurs, you have the option of going to a local emergency room and/or calling 911 for immediate assistance.

All My Best For A Healthy Recovery,

Michael Nakashian, MD