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### TOTAL SHOULDER REPLACEMENT INFORMATION

- Your lab and all testing will be done ahead of time in Salina, if at all possible.
  - Follow instructions given by the office in regards to stopping your blood thinning medications
  - Do not eat or drink anything after midnight prior to surgery.
  - Please take a bath or shower the morning of surgery.
  - Please bring any necessary medical equipment with you (polar pack, brace, CPAP etc)
  - Bring a good walking shoe.
  - Wear comfortable, loose-fitting clothes and bring personal hygiene items with you.
  - Bring a list of your medications to the hospital.
  - Infection Prevention Prior to surgery: **3 days prior to surgery, you will need to purchase this over the counter CLEARASIL DAILY CLEAR ACNE CREAM with 10% Benzoyl Peroxide. Apply to the operative shoulder twice daily.**
  - You will be admitted to the hospital 2 hours before surgery. Anesthesia will visit with you at this time. Surgery will last about 1 hour.
  - Preventative measures to avoid complications include:
    - IV antibiotics to prevent infection, skin sores, regular dental visits
  - Clean air flow room to prevent infection.
  - Deep vein thrombosis prevention with Aspirin 81mg twice a day for 6 weeks.
  - Early walking and foot compression pumps in the hospital. No flying for approximately 8 weeks.
  - Your hospital stay will be 2-4 days. You will then go home or be transferred to Rehab for 4-5 days.
  - You will have staples for 10-14 days. Showering is permissible. An appointment will be given to return to our office for staple removal and Aquacel.
  - Physical therapy will assist you with exercises and rehabilitation. A pre-PT visit will be done prior to your surgical treatment.
  - Pain pills will be provided for one month. You may need to take a stool softener with the pain medications.
  - You may need to purchase a shower chair, grab bars, or other assistive devices.
  - You may shower, however do not bathe, swim, or hot tub.
  - You will need a driver when dismissed from the hospital.
  - Please let your dentist know that you have had a total joint replacement. If dental work is needed, the dentist will want to give you an antibiotic to prevent infection. This will need to be done for the rest of your lifetime.
  - Teeth need to be in good repair prior to your surgery.
  - We ask that you not have dental work for (5-6) five to six months following surgery.
  - Please do not drive for 4-6 weeks following surgery. You must be off all narcotics.
  - For more information regarding your surgery and diagnosis, go to <https://orthoinfo.aaos.org>
- ALL NARCOTIC PRESCRIPTION REFILLS NEED TO BE SIGNED BY YOUR PHYSICIAN AND WILL NEED TO BE PICKED UP AT THE OFFICE, PLEASE CALL FOR A REFILL 48 HOURS BEFORE YOU WILL RUN OUT OF MEDICATION!**