



SHOULDER REPLACEMENT

A guide for patients and their families.



BAPTIST HEALTH[®]

LOUISVILLE

BEFORE SURGERY

Complete the following before your surgery.

- Prepare your home for recovery.
- Complete Joint Care Class.
- Attend pre-admission testing.
- Stop or take medications as directed by the surgeon and/or pre-admission testing.
- Read the joint replacement booklet and bring it to the hospital.
- Begin exercises.
- Quit tobacco use at least 4 weeks before surgery. Do not resume smoking after surgery.
- Shower daily beginning 3 days before surgery with antimicrobial soap.
- Use Benzoyl Peroxide 5 % as instructed.
- No shaving any body part for 1-2 days before surgery.
- Do not drink alcohol for 48 hours before surgery.
- Pack your CPAP machine and insulin pump (if you use these items).
- The morning of your surgery drink 20 ounces of carb loading hydration drink such as Gatorade or Powerade hours before arrival for surgery. If diabetic drink sugar-free Gatorade or Powerade. (No red- or purple-colored drinks)
- Develop a plan for assistance after discharge from the hospital.
- If overnight stay:
 - Have transportation arranged for pick-up by 10 a.m. the day of discharge.
 - Pack clothing that is loose and easy to put on with sling.

BEFORE SURGERY

JOINT CARE EDUCATION

- Your surgeon recommends you attend this class before your joint replacement surgery.
- This class is required if longer than one year from previous joint replacement surgery or you're having a surgery on a different joint.
- Family members and friends who will be assisting the patient after surgery or patients who are considering total joint replacement surgery are encouraged to view.
- After attending the joint care class, please complete the information at the end.

To access class:

- Use QR code
- Website – <https://www.baptisthealth.com/jointreplacementlouisville>
- If having difficulty accessing class, please call the orthopedic program coordinator at 502.259.4722.



BEFORE YOUR SURGERY

- No dental work or teeth cleaning by a dental office within five weeks prior to surgery.
- Bring a list of medications with the date each was last taken. Do not bring the actual medications unless instructed to by your physician or the pre-admission testing nurse.
- If you are on an insulin pump, bring cartridge refills.
- Do not bring jewelry or other valuables to the hospital.
- Bring closed-back shoes that fit well and have gripper soles. Do not walk barefoot.
- Bring t-shirts, shorts or pants loose enough to fit over a dressing and pajamas or a gown.
- If applicable, bring your CPAP machine.
- Bring this total joint booklet.
- Unless already used regularly do not bring a walker, cane, crutches or wheelchair for after surgery (hospital has supply available for use).
- Shower daily, beginning at least 3 days before surgery using an over-the-counter anti-microbial soap (such as dial). Wash the front and back of the operative area.
- Do not apply any creams, lotions, or ointments to the operative arm for 2 days before surgery.
- Do not shave any part of your body one to two days prior to surgery.
- Use the chlorhexidine cloths following the instructions provided by the preadmission testing nurse.
- If you suspect you are having an allergic reaction to the Benzoyl Peroxide 5 % wash, stop use and notify the surgeon.
- Sleep on clean bed sheets, wear clean clothes, and avoid sleeping with any pets the night before and after surgery.
- Notify the surgeon if you have any signs of illness, such as sore throat, cough or congestion or if you have any open areas of skin or a rash on the operative arm.

TOTAL SHOULDER REPLACEMENT

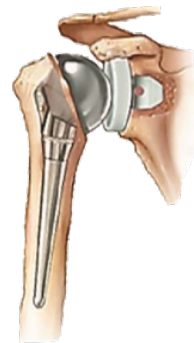
BEFORE

- The red color represents the damaged cartilage that lines the socket of the shoulder joint.



AFTER

- In a Total Shoulder Replacement, the cartilage in the socket is trimmed away, and a metal ball is attached to a stem that is fixed to the humerus (arm bone).
- A high-impact socket is attached to the glenoid to form the shoulder socket.



REVERSE TOTAL SHOULDER REPLACEMENT

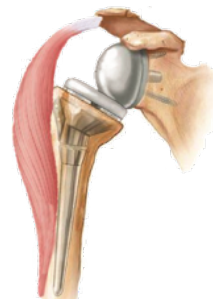
BEFORE

- A Reverse Total Shoulder Replacement is a procedure for damaged rotator cuff. The deltoid muscle is used to move the arm instead of the rotator cuff.



AFTER

- In this procedure, the socket and metal ball are reversed as the metal ball is fixed to the glenoid, and the plastic cup is attached to the end of the humerus.



PREPARING YOUR HOME

MOBILITY

- Select a bed and chair of appropriate height, if hips are lower than your knees when you sit down the chair is too low.
- Make sure bed is not too high to get in.
- Handrails for stairs are recommended inside and outside.

PREVENTING FALLS

- Carry a portable phone to call for assistance.
- Remove area rugs and mats.
- Continue to wear closed back shoes that fit well with gripper soles.
- If not wearing shoes do not walk barefoot wear socks with grippers.
- Remove clutter and clear pathways to avoid tripping.
- Be careful around pets to avoid tripping.
- Avoid wearing robes or gowns longer than knee length.

RECOMMENDED ITEMS TO HAVE AT HOME

- Hand sanitizer
- Two (2) 4-inch gauze pads and a roll of paper tape
- Reacher to pick-up items (optional)
- Long shoehorn to help apply footwear (optional)
- A sock aid
- A dressing stick
- Extra pillows for positioning

DISCHARGE

Over 90% of patients go home after joint replacement. Research shows that patients discharged to home have fewer complications and readmissions to the hospital. Your physician may recommend that you go home the same day as your surgery if you meet all required goals. Please talk with your physician about this prior to the day of surgery to determine if this option will work for you.

- Having a discharge plan in place before surgery is best practice.
- As part of our Joint Care Program, Baptist offers Home Health and Outpatient Therapy. However, the selection for post-hospital therapy is up to you.
- Final approval for discharge to a Skilled Nursing Facility (SNF) is based on “medical criteria” and will not be made by the insurance company until after surgery. Living alone or having a lot of stairs is not considered “medical criteria.”

EXERCISE BEFORE SURGERY

It is important that you maintain and possibly improve your strength and range of motion while you are waiting for surgery.

You can do this by:

- Taking frequent short walks.
- If doing any of the exercises before surgery causes pain, eliminate that exercise or decrease the motion or repetitions. After surgery, it is important to complete all of your exercises as directed by your therapist.

DAY OF SURGERY

Change your diet to clear liquids at midnight the night before surgery. Clear liquids are considered anything you can read a newspaper through in its liquid form.

During this time:

- Avoid caffeinated and red-colored beverages.
- The morning of your surgery drink 20 ounces of carb loading hydration drink such as Gatorade or Powerade 2-hours before arrival for surgery. If diabetic drink sugar-free Gatorade or Powerade. (No red- or purple-colored drinks)
- Stop all oral intake one hour before your scheduled arrival time.

Follow the instructions from the pre-admission nurse and surgeon on when to stop or start taking certain medications.

AFTER SURGERY

CONSTIPATION

- Drink 6-8 glasses of fluid per day.
- Eat a healthy diet with lots of fruits and vegetables.
- Take an over-the-counter stool softener and adjust the dosage based on your bowel habits.
- If the stool softeners fail to be effective, you can add a laxative daily such as an ounce of milk of magnesia.
- Chewing gum will help get your gut/bowels moving

ARM STIFFNESS/SWELLING

- Scar tissue forms fairly rapidly during the first few weeks after surgery.
- To prevent swelling, elevate the arm on pillows when in bed and intermittently throughout the day.
- Apply the cold wraps supplied by the hospital for twenty minutes, 5-8 times per day.

BLOOD CLOTS

- Frequent walking, repositioning and exercising can help prevent blood clots.
- Compression devices on either your feet or calves are used during your hospital stay to stimulate circulation.
- Perform 20-30 repetitions of quad sets and ankle pumps after surgery when awake. (See Exercise Appendix)

SKIN PROTECTION

- Frequent position changes are recommended while you are in bed to avoid pressure injuries to your skin.

LUNG HEALTH

- Lung tissue is moist. When not up moving around as often, moisture pools in your lungs. We all breath in and out germs every day; however, in the less active patient, germs will grow in the fluid that has formed in the lungs. Moving around and coughing with deep breaths throughout the day helps prevent that fluid from building up in the lungs. Other measures that help prevent infection in your lungs include:
- Use an incentive spirometry 6-8 times per hour while awake. (The nurse will teach you how to use the incentive spirometer).
- Deep breath and cough every 2 hours while awake.
- Sit straight up when eating, drinking or taking medications.
- Short frequent walks around the house.

MAINTAIN A CLEAN ENVIRONMENT

- Avoid sick people during your recovery.
- Keep incision clean and avoid touching.
- Wash hands frequently.

NAUSEA AND VOMITING

- Take pain medications with food.
- *If you experience nausea and vomiting when taking medications, notify the doctor.*

THERAPY GOALS

WALKING AFTER SURGERY

You will be up walking immediately after surgery. **IF NOT GOING HOME AFTER SURGERY THE GOAL IS TO WALK YOU FROM THE STRETCHER TO BED OR CHAIR IN YOUR HOSPITAL ROOM**

- Lower leg joint replacement patients are taught to go up and down stairs before discharge.
- The Physical Therapist will assess for the need of any specialized equipment such as a walker or an elevated toilet seat.
- Any equipment for home use will be ordered from the hospital. Copays for discharge equipment are determined by your insurance company, and are due at the time of delivery.
- Physical therapy continues after hospital discharge. Your surgeon will provide recommendations for discharge therapy services (home health or outpatient services).
- The discharge planner from the hospital will assist in setting up your discharge therapy at the agency or facility of your choice.
- You will continue doing your exercises as taught to you after surgery. The therapist will provide instructions on home exercise program such as frequency and reps.

EXERCISES AFTER SURGERY

See appendix on page 9 for exercises. Do each exercise with 10 times and gradually increase to 20.

DISCHARGE INSTRUCTIONS

DISCHARGE

- Discharge from the hospital occurs when you are stable, and you have a safe place to go.
- Some patients discharge on the day of surgery, and this requires advanced planning. An orthopedic nurse navigator will call you to assist in the advance planning. The number for the orthopedic nurse navigator is 502.259.4723.
- For those who stay overnight, please have transportation arranged for 10 a.m. the morning of discharge.

INCISION/WOUND CARE

- Your surgeon will provide specific instructions for care of your type of dressing.
- Elevate operative leg and apply ice to reduce swelling and soreness.
- Do not wait until follow up appointment to notify surgeon of any concerns. Contact your surgeon as soon as possible with the following:
 - Any bleeding or suspect blood in your urine and/or stool
 - Fever, incision warm to touch, redness and/or oozing from incision
- Avoid the Emergency Room or Urgent care unless your surgeon advises you to go. These visits could expose you to contagious germs.
- If you are experiencing a life-threatening complication such as chest pain, difficulty breathing, seizures, passing out, stroke or injury; please call 911 or go to Emergency Room immediately.

RECOVERY

On average, recovery and return to pre-surgery activities takes 3-6 months. The surgeon will let you know when you can drive and resume normal activities.

For any questions before, during and after your hospital stay:

- During the day on Monday through Friday, you may call the orthopedic program coordinator at 502.259.4722
- On nights and weekends, please call 844.365.2608 to speak to a RN.

APPENDIX: EXERCISES AFTER SURGERY

Start each exercise with 10 repetitions five to six times a day.

ACTIVE RANGE OF MOTION ELBOW FLEXION AND EXTENSION

- Sit or stand.
- Begin with arm at side, elbow straight.
- Bend elbow upward.
- Return to starting position.



ACTIVE RANGE OF MOTION SHOULDER PENDULUM

- Lean over table as shown supported by the unaffected arm.
- Allow the affected arm to hang freely.
- Use trunk movement to swing arm in circles, side to side, and front to back as shown.



HAND OPEN AND CLOSED (FINGER FLEXION AND EXTENSION)

- Hold hands in front.
- Begin with fingers straight and spread apart.
- Close hands into a fist.
- Open and spread fingers.
- Repeat.
- May use ball or other item to squeeze.



WRIST FLEXION AND EXTENSION

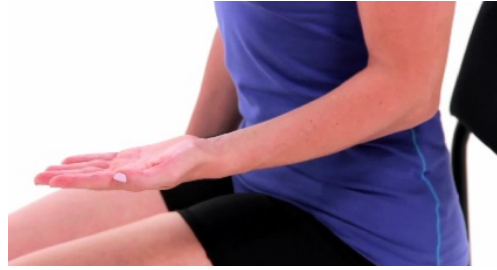
- Move wrists up and down.



APPENDIX: EXERCISE AFTER SURGERY

WRIST SUPINATION AND PRONATION

- Stand or sit, arm at side, elbow bent to 90 degrees, palm down.
- Rotate elbow/forearm palm up through the available range.
- Return to the start position.



***The following exercises should be done 20-30 times whenever awake after surgery to prevent blood clots.**

QUAD SET

- Lie on your back with one knee bent and your affected leg straight with your knee resting on a towel roll.
- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

ANKLE PUMPS

- Lie on your back. Slowly pump your ankles by bending and straightening them.



OUTPATIENT THERAPY SERVICES

ONE-CALL REFERRAL • 502.962.2400 • FAX 502.962.2401

LA GRANGE

CRESTWOOD

6580 Kenwood Crossing Road
Crestwood, KY 40014
502.241.1660, opt. 2 • Fax 502.241.1654
Custom orthotics • Dry needling
• *Orthopedic physical therapy*

LA GRANGE

1025 New Moody Lane
La Grange, KY 40031
502.222.3303 • Fax 502.222.3953
Adult occupational and speech therapy
• *Dry needling • Orthopedic physical therapy • Pediatric physical, occupational and speech therapy*

CENTRAL KENTUCKY

ELIZABETHTOWN

1111 Ring Road
Elizabethtown, KY 42701
270.706.5010 • Fax: 270.706.5105
Orthopedic and neurophysical therapy • Speech therapy • Hand therapy • Vestibular therapy • Dry needling • Aquatic therapy

ELIZABETHTOWN PEDIATRICS

1111 Ring Road
Elizabethtown, KY 42701
270.706.5010 • Fax: 270.706.5105
Pediatric physical therapy • Occupational and speech therapy

RADCLIFF

75 Nature Trail, Suite 1
Nature Trail Medical Plaza
Radcliff, KY 40160
270.351.0098 • Fax 270.352.0860
Orthopedic physical therapy and occupational therapy • Hand therapy

RADCLIFF PEDIATRICS

75 Nature Trail, Suite 1
Nature Trail Medical Plaza
Radcliff, KY 40160
270.351.0098 • Fax 270.352.0860
Pediatric physical, occupational and speech therapy

BARDSTOWN

3615 E. John Rowan Blvd., Suite 201
Bardstown, KY 40004
502.331.4778 • Fax: 502.331.4755
Orthopedic physical therapy • Dry needling

BRANDENBURG

534 Hillcrest Drive
Brandenburg, KY 40108
270.706.5010 • Fax: 270.706.5105
Orthopedic physical therapy • Dry needling

LOUISVILLE

LOUISVILLE MEDICAL PAVILION

3900 Kresge Way
Louisville, KY 40207
502.897.8137 • Fax 502.896.7259
Dry needling • Lymphedema
• *Orthopedic physical therapy*
• *Vestibular and balance program • Pelvic health*

MILESTONE

750 Cypress Station Drive
Louisville, KY 40207
502.896.7083 • Fax 502.515.1263
Aquatic therapy • Dry needling
• *Fabrication of custom orthotics*
• *Orthopedic physical therapy • Vestibular and balance program*

LOUISVILLE NEURO REHAB

4002 Kresge Way, Fourth Floor
Louisville, KY 40207
502.896.7447 • Fax 502.896.7469
Treatment of stroke and neurological conditions • Vestibular and balance program • Adult occupational and speech therapy • Hand therapy

BLANKENBAKER

11630 Commonwealth Drive
Louisville, KY 40299
502.261.8333 • Fax 502.267.6428
Dry needling • Orthopedic physical therapy • Work-related injuries, including functional capacity evaluations

BRECKENRIDGE

2800 Breckenridge Lane, Suite 140
Louisville, KY 40220
502.928.0040 • Fax 502.928.0049
Orthopedic physical therapy
• *Work-related injuries*

EASTPOINT

2400 Eastpoint Parkway, Suite 120
Louisville, KY 40223
502.253.6689 • Fax 502.253.6680
Occupational physical therapy • Vestibular therapy • Dry needling

FERN VALLEY

3605 Fern Valley Road
Louisville, KY 40219
502.962.5242 • Fax 502.964.1052
Custom orthotics • Dry needling
• *Orthopedic physical therapy*
• *Work-related injuries*

JEFFERSONTOWN

10216 Taylorsville Road
Louisville, KY 40299
502.267.1799 • Fax 502.267.0955
Dry needling • Orthopedic physical therapy • Vestibular therapy

SOUTHERN INDIANA

CLARKSVILLE

1020 Veterans Memorial Parkway,
Suite 100
Clarksville, IN 47129
812.288.8817 • Fax 812.288.8837
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program*

CORYDON

313 Federal Drive, Suite 110
Corydon, IN 47112
812.738.3616 • Fax 812.738.3619
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program*

HIGHLANDER POINT

724 Highlander Point Drive
Floyds Knobs, IN 47119
812.923.0630 • Fax 812.923.0632
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program*

CHARLESTOWN ROAD

3891 Charlestown Road (Behind Kohl's)
New Albany, IN 47150
812.945.3440 • Fax 812.945.3505
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program • Aquatic therapy*

RIVER RIDGE

7725 Highway 62, Suite 300
Charlestown, IN 47111
812.256.2147 • Fax 812.256.2252
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program • Work-related
injuries, including functional capacity
evaluations*

SELLERSBURG

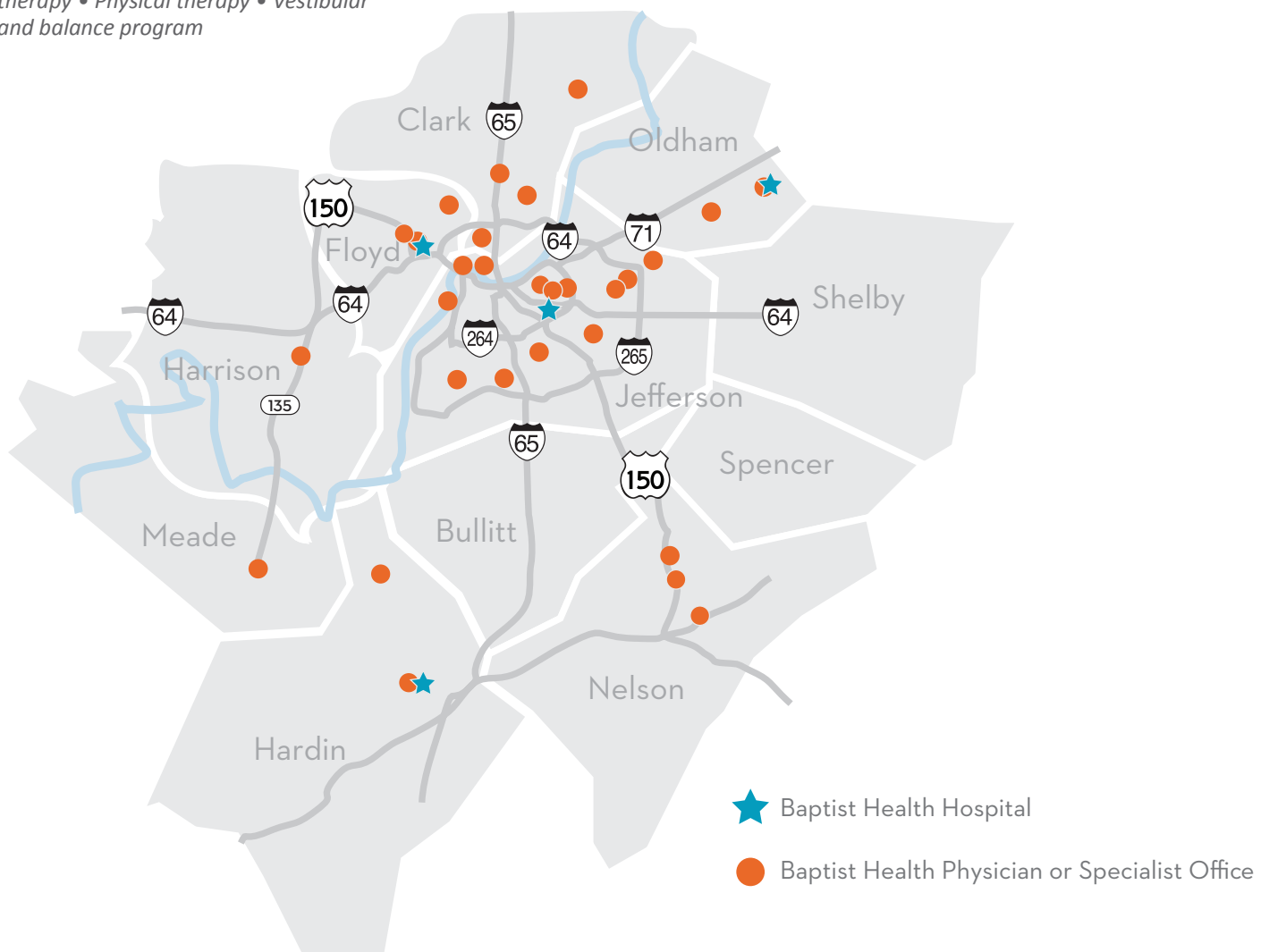
7600 Highway 60, Suite 300
Sellersburg, IN 47172
812.542.4684 • Fax 812.542.4685
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program*

STATE STREET

2125 State St., Suite 2
New Albany, IN 47150
812.949.6360 • Fax 812.949.6361
*Dry needling • Orthopedic physical
therapy • Physical therapy • Vestibular
and balance program*

SOUTHERN INDIANA SPEECH THERAPY

1850 State St.
New Albany, IN 47150
812.948.6725 • Fax 812.948.7414
Adult and pediatric speech therapy



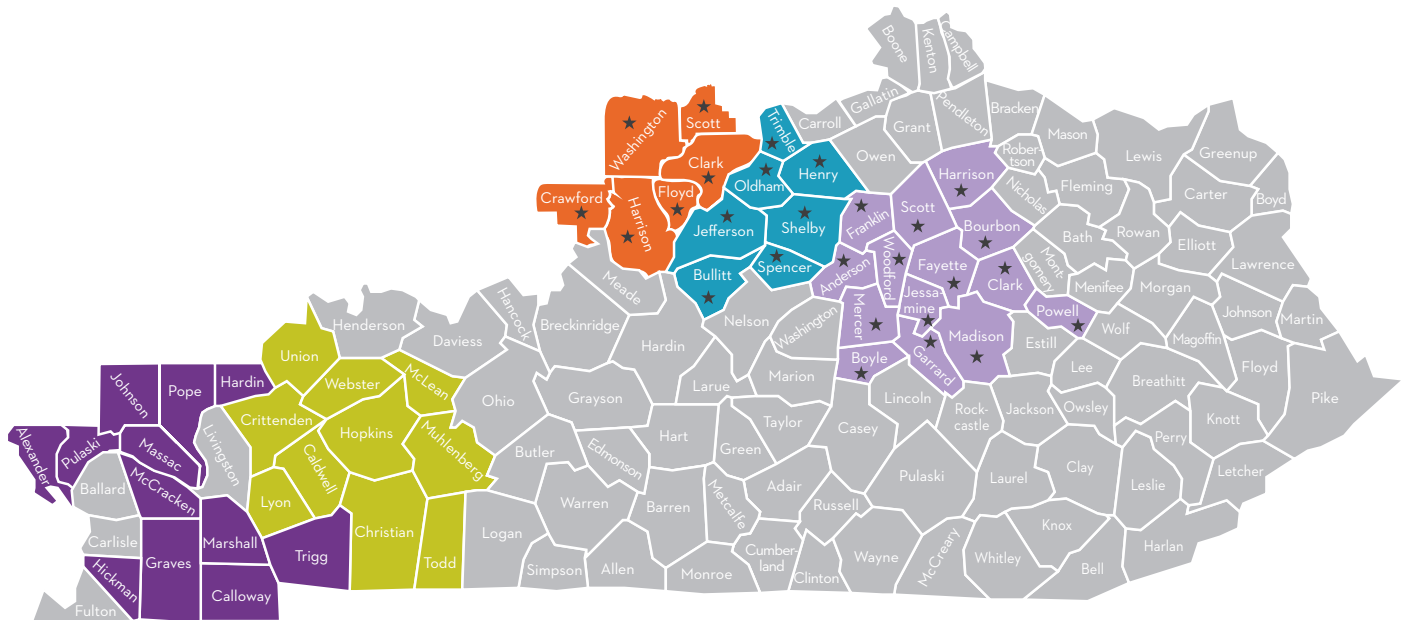


BAPTIST HEALTH®

SERVICE AREAS

HOME CARE

- Baptist Health Home Care – **Floyd 812.948.7447**
- Baptist Health Home Care – **Lexington 859.260.6569**
- Baptist Health Home Care – **Louisville 502.454.5656**
- Baptist Health Home Care – **Paducah 270.575.2990**
- Baptist Health Deaconess Home Care – **Madisonville 270.824.3470**
- ★ Baptist Health Home Infusion 859.260.6197



BAPTIST HEALTH LOUISVILLE CONTACTS

Baptist Hospital Louisville | 502.897.8100

Baptist Hospital Class Registration | 502.897.8131

Baptist Hospital Pre-Admission Testing | 502.897.8044

Baptist Hospital Case Manager | 502.897.8816

Baptist Hospital Orthopedic Program Coordinator | 502.259.4723

Baptist Hospital Home Health Services | 502.454.5656

Baptist Hospital Outpatient Physical Therapy | 502.896.7447

Baptist Louisville 24-Hour Nurse Call Center | 844.365.260

MEDS TO BEDS PHARMACY

WHAT IS 'MEDS TO BEDS'?

Meds to beds is a convenient pharmacy service that allows your discharge medications to be delivered directly to your bedside before you leave the hospital.

This prevents you from having to make a stop on your way home, removes the wait at your local pharmacy, and ensures your medications are covered and affordable.

If you wish to use the Meds to Beds Pharmacy services, you need to:

- Notify your nurse in pre-op or on the nursing unit.
- Be prepared to pay the typical co-pay as defined by your insurance at the time of delivery.



Thank you for choosing Baptist Health Louisville for your total joint replacement surgery.



Achieved magnet designation for excellence in nursing by the American Nursing Credentialing Center's Magnet Recognition Program three times.



Joint Commission certifications in total hip replacement and total knee replacement with an experienced board-certified team of surgeons and nurses.



NOTES



BAPTIST HEALTH®

LOUISVILLE

4007 Kresge Way
Louisville, KY 40207

    [BaptistHealth.com](https://www.BaptistHealth.com)