

Get Mobile

WITH MEMORIAL

TOTAL SHOULDER SURGERY PATIENT GUIDE

THE JOINT REPLACEMENT CENTER

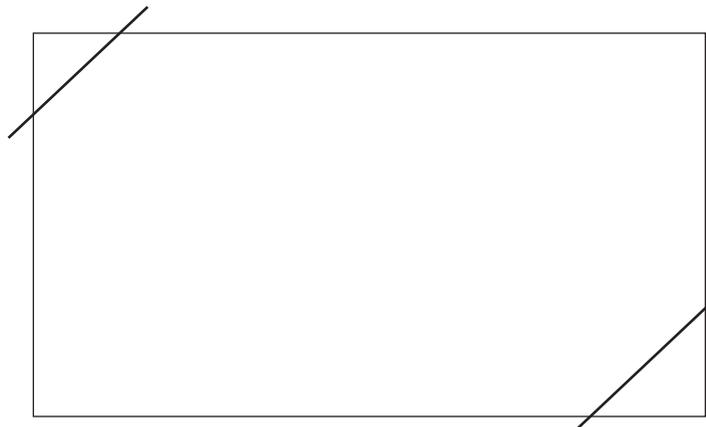
Memorial Hospital Belleville



PROVIDING EXCEPTIONAL HEALTHCARE AND COMPASSIONATE SERVICE



Dedication. Compassion. Innovation.



mymemorialnetwork.com

4500 Memorial Drive, Belleville, Illinois 62226

TIME TO GET **Mobile**

Remember all the things that you used to do so easily, until your shoulder started slowing you down? Now imagine doing those things again, with all the confidence in the world. It's not just a dream — it's possible. And we'll be with you every step of the way.

In fact, you'll have a team of healthcare professionals to guide you throughout the process. It's a journey we take every day with people just like you. But make no mistake; we can't do it alone. We need your help and active participation.

You might say we're partners in making a healthier you.

So, if you're ready to get mobile and live the life you've imagined, we're ready to help. (This Patient Guide will show you how in 11 easy-to-follow steps.)

Rest assured that we'll answer your questions along the way; after all, that's why we're here. So be sure to ask. Because our goal is the same as yours: to watch you return to your active lifestyle, with a smile on your face. And we'll be smiling, too.

Bring this book with you to all of your appointments and to the hospital.

Ready to Get Mobile with Memorial? Then, let's get started!

- Your recovery starts on the day of surgery to help you regain strength, mobility and prepare you for independence when you go home.
- To recover faster, you'll need to actively participate in our accelerated therapy program.
- We'll treat you as a 'well' patient during your stay and will encourage you to get out of bed and be as active as possible every day.

11 Steps to the New You

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Get Mobile with Memorial Alert: Your team will be with you every step of the way!

YOUR JOINT REPLACEMENT TIMELINE

	DATE	TIME	NOTES
GETTING HEALTHY FOR SURGERY Meet with orthopedic surgeon			Learn more on p. 5
GETTING READY FOR SURGERY Surgery evaluation at the Admission and Testing Center			Learn more on p. 6
JOINT CLASS What to expect before, during, and after surgery			Learn more on p. 7
OCCUPATIONAL THERAPY Occupational therapy prescreening appointment at one of two Memorial locations			Learn more on p. 8
DAY OF SURGERY Our Admission and Testing Center will tell you what time to arrive			Learn more on p. 14
FOLLOW-UP APPOINTMENT Talk about your progress with your surgeon			Learn more on p. 23
OUTPATIENT PHYSICAL THERAPY Visit an outpatient therapy center			Learn more on p. 28

Explanations

Total Shoulder Replacement

Total shoulder replacement is a surgery that replaces the ball and socket joint of your shoulder. A total shoulder replacement relieves pain and increases mobility when other treatments, such as medications and physical therapy, are no longer helping. This surgery might also be performed to repair a broken bone when the pieces of the bone cannot be put back together.



Your Replacement Shoulder Joint

Total shoulder replacement involves removing the bone surfaces, and inserting a metal prosthesis into the hollow center of the bone. The prosthesis has a metal ball shape at its top, which fits into a cup appliance attached to your shoulder socket. These appliances are available in many sizes so that your surgeon can choose the best fit for your shoulder.

REVERSE Total Shoulder Replacement

Reverse total shoulder replacement is a surgery that reverses the position of the ball and socket joint of your shoulder. A total shoulder replacement relieves pain and increases mobility when other treatments, such as medications and physical therapy, are no longer helping. The reverse type of shoulder replacement is used when your rotator cuff is torn and unreparable, or when the surgery is a revision of a previous procedure. Other situations might prompt your surgeon to recommend this procedure as well.



Your REVERSE Replacement Shoulder Joint

Reverse total shoulder replacement involves removing the bone surfaces, and inserting a metal prosthesis into the hollow center of the bone. The prosthesis has a cup shape at its top, which fits around a ball shaped appliance attached to your shoulder socket. This arrangement reverses the natural position of the ball and socket in your shoulder (normally the ball is on the top of the arm, and the socket is part of the shoulder bone). The appliances are available in many sizes so that your surgeon can choose the best fit for your shoulder.

Meet Your Joint Replacement Center Team

Your dedicated team of health professionals has one goal: to get you moving to a healthy you. But no team can succeed without its most important member — and that's YOU! Your health is your responsibility, but you'll have an entire team of specialists working at your side.

Orthopedic Surgeon

Your physician/surgeon will perform your total joint replacement and manage your care while at the Joint Replacement Center.

Anesthesiologist/Certified Registered Nurse Anesthetist (CRNA)

Your anesthesiologist — a physician or advanced practice nurse — will meet with you on the day of your Pre-Testing Appointment and the day of surgery, review your health history and determine the most appropriate anesthetic for you.

Case Manager

Your case manager — a registered nurse or social worker — works with your surgeon and other team members to help with your discharge plan, including insurance questions, outpatient therapy, and home equipment.

Registered Nurse (RN)

Your Joint Replacement Center nurse is specially trained in orthopedics and responsible for your nursing care following your surgery. Your RN will follow the surgeon's instructions and will teach you, your Joint Coach and family about your health and safety needs — including what you need to do before and after surgery, as well as help plan your discharge from the hospital.

Physical Therapist (PT)

Your physical therapy team plans your physical rehabilitation after surgery and helps you learn how to use your new joint. These specialists will help you regain your independence, including range of motion, muscle strength and balance to move safely.

Occupational Therapist (OT)

Before surgery at your Occupational Therapy Screening visit, you'll learn exercises to build your strength and help you recover faster. Your Occupational Therapist will assist you with exercises in the hospital, and instruct you in your home exercise program. Your OT will help you plan safe ways to perform your daily activities, such as dressing, bathing and instruct you with equipment, if needed.

Step 2.

Get Moving to A Healthier You

It's time to start thinking like a 'well' person. (That's how we see you!) Here are three steps you must do that will get you moving in the right direction:

Choose a Joint Coach.

- It can be your spouse, family member or close friend who can commit to helping you prepare for surgery and recover afterwards. Your Joint Coach needs to be with at your physician visits prior to surgery and at your Admission and Testing Center appointment, if possible. You'll be given a lot of information there, so your Joint Coach will need to help you remember it all. Everyone must understand your care instructions, both before and after surgery.
- Your Joint Coach should be there to watch your therapy sessions and learn how to help you become independent faster.
- Once you're home, your Joint Coach will need to stay with you for at least one week and drive for you, until you are able.

Activate Your MyMemorial Patient Portal

Memorial Hospital offers a patient portal called MyMemorial, which is accessible through **memhosp.com**. By logging in to MyMemorial, you can become more involved and educated about your health by viewing your patient profile and test results.

Signing up is easy:

1. Go to the Health Information Management department at Memorial Hospital Belleville with a photo ID and provide your e-mail.
2. Access your e-mail for your login ID, one-time password, and link to the MyMemorial Patient Portal. Follow the instructions, and start exploring the Portal!
For more information, please call (618) 257-5300.

Stop Smoking!

It is essential that you stop, because smokers have a higher rate of infection and complications. Memorial Hospital is a nonsmoking facility, inside and outside. If you need help, just ask or call 1-800-QUIT NOW or visit **quitnow.net**.

Diabetes Care

It's important to work with your physician to control your blood glucose levels, especially before joint replacement surgery. Uncontrolled diabetes is associated with increased complications, including decreased wound healing and an increased risk for infection. Please work with your diabetes management team and your surgeon to manage your diabetes and decide if it's safe to proceed with surgery.

Get Mobile with Memorial Alert: Think well — and be well. You have a team, but it all starts with you.

6-8 Weeks Before Surgery

Your start date: _____

Be sure to check each box.

To recover faster from your surgery, you have to get moving on many items well in advance. As we've said from the beginning, your health is your responsibility. We're here to help you. So, let's get started!

Advanced Health Care Directive

If you already have one, please bring it when you visit the Admission and Testing Center. If you don't have one yet, now is a good time to complete one. The staff in the Admission and Testing Center will be able to provide you with the Advanced Directive form and help you complete it.

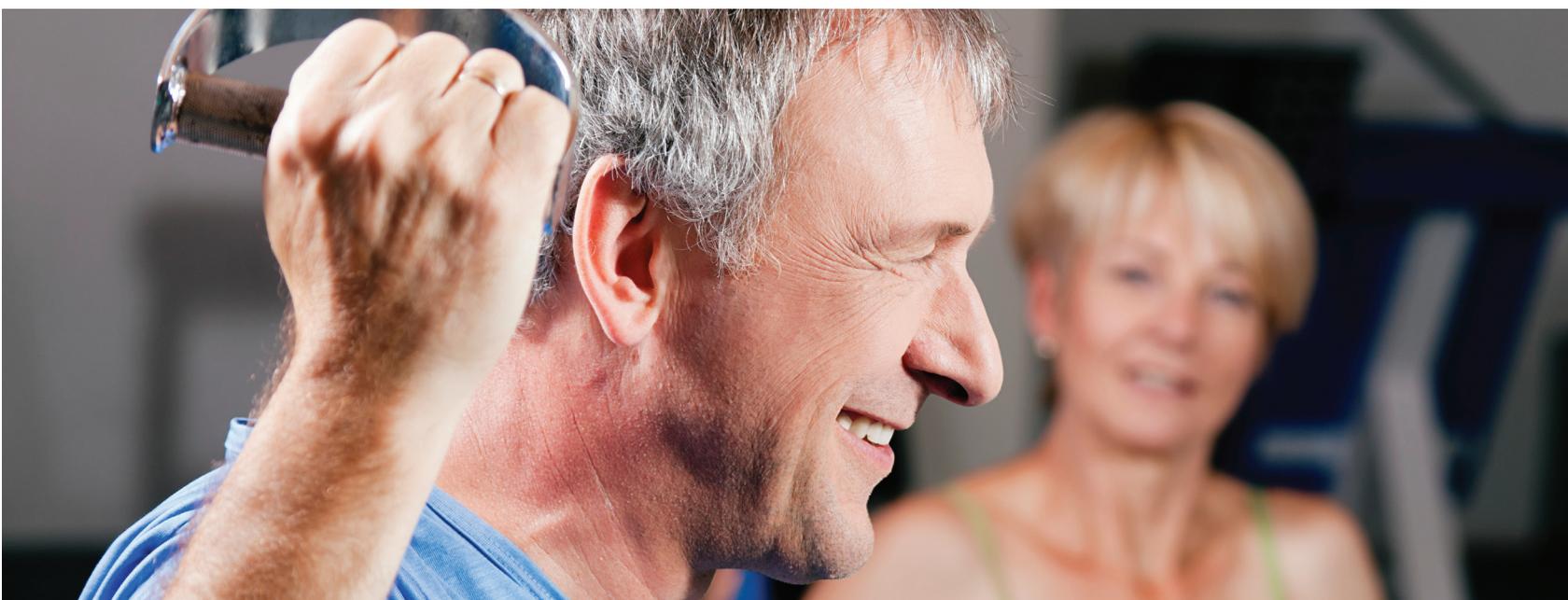
Nutrition

It is important to eat a well-balanced diet now to get your body ready for surgery. Good nutrition will help your body recover faster after surgery. Unless your physician says otherwise due to a medical condition, for one month before surgery:

- **Take an over-the-counter Vitamin D supplement**
- **Have one protein bar or drink every day**

Returning to Work

Your orthopedic surgeon will let you know when you can return to work.



Step 4.

2-4 Weeks Before Surgery

PREOPERATIVE APPOINTMENTS

There are three preoperative appointments before your surgery.

Pre-Testing Appointment

We will schedule you for your Pre-Testing Appointment at the Admission and Testing Center. It is located in Medical Office Building One, Entrance A. Here's what to expect:

- **Medical Exam**

At your Pre-Testing appointment, a nurse will take your health history and medication list, and a physician or nurse practitioner will perform a medical exam and order any tests that need to be completed at least 14 days before surgery. This may include blood test, X-rays, an EKG, and nasal swab. These are non-fasting tests, so please eat and take your morning medications as scheduled.

- **Things to Bring to Your Pre-Testing Appointment**

- **Medications**

We'll need to know about all the medications you are taking, including prescriptions, over-the-counter medications, vitamins, and herbal supplements. We'll review your medications and tell you which ones you should stop taking and when. Please remember: It is very important to continue to take all of your prescribed medications until your physician or we instruct you to stop them. Please bring all your medications and their bottles to your Pre-Testing appointment.



- **Insurance Cards**

- **Advance Directive and/or Power of Attorney papers, if applicable**

Joint Replacement Educational Class

You and your Joint Coach will attend a class at Memorial Hospital Belleville in the Orthopedic and Neurosciences Center. The class will provide you with information about your surgery and give you a chance to ask questions. We will cover what to expect before, during, and after surgery. The class will be taught by a nurse from The Joint Replacement Center. We'll talk about how to prepare for your surgery, your hospital stay and taking care of yourself after you go home.

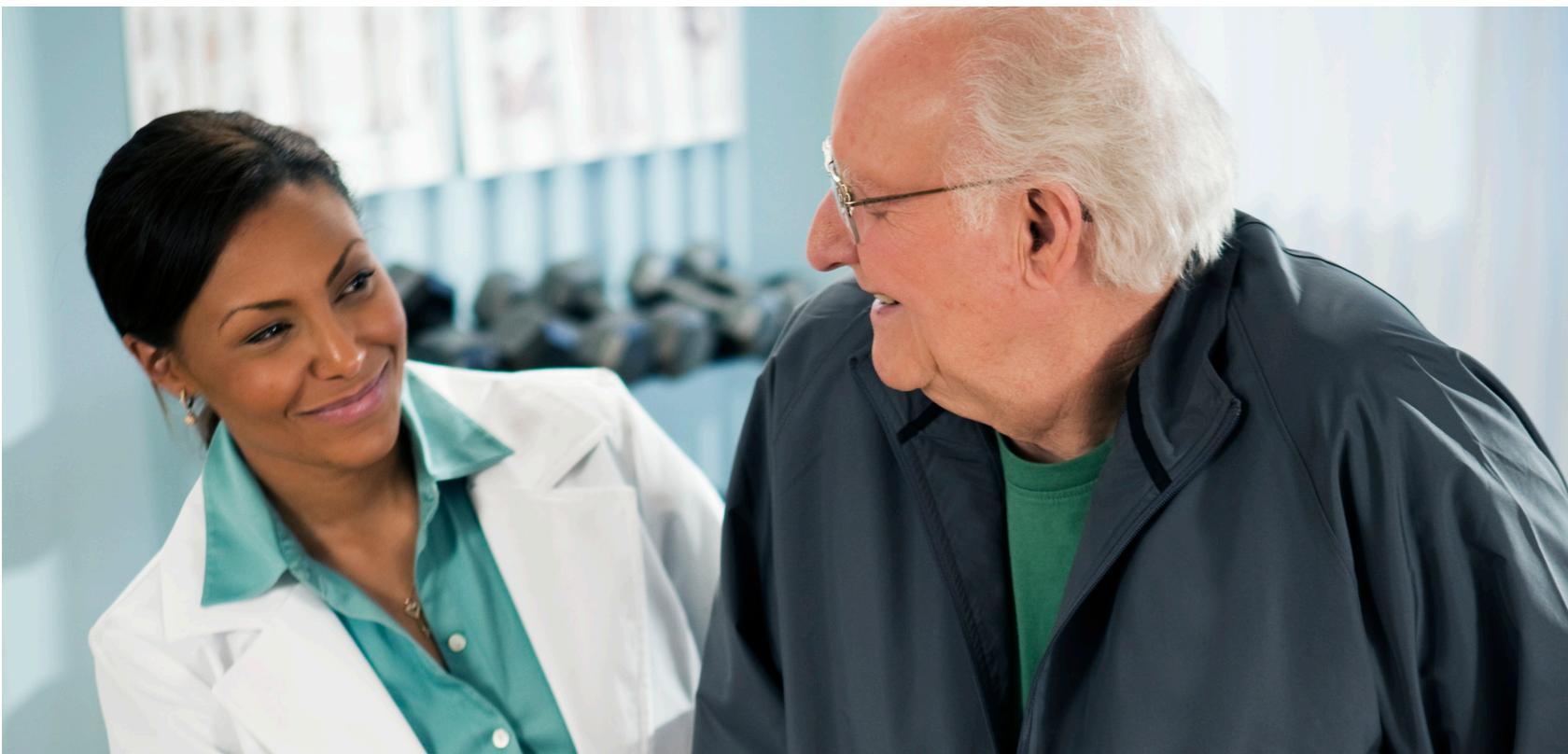
continued on page 8

Get Mobile with Memorial Alert: The more you learn now, the faster you'll recover!

❑ Occupational Therapy Screening

To help us create the best plan to speed up your recovery, your physical therapy team will also screen you at the one of three Memorial outpatient therapy clinics. Your screening will include:

- Identifying your equipment needs after your Joint Replacement Center stay
- Information about the therapy you will receive during and after your Joint Replacement Center stay to ensure the best outcome from your surgery
- Education on one-handed techniques for self-care activities as well as daily home management tasks
- Plus, we'll design an exercise program to help ensure your muscles are as strong as they can be after surgery. Your OT will show you how to do each exercise, make sure you're doing each properly and give you written instructions with diagrams



Step 5.

1 Week Before Surgery

Date: _____

Be sure to check each box.

Taking responsibility for your health means asking the right questions. Now is the time to ask yourself:

Do You Have an Infection?

Notify your surgeon's office right away if you think you might have an infection of any kind, such as:

- Bladder infection
- Skin infection
- Tooth infection
- Respiratory infection

Is Everything Ready for Your Surgery?

Follow-up with your surgeon's office and make sure everything is ready for surgery, including that your test results have been reviewed by your physicians and all paperwork is completed.

Complete the "Prepare Your Home" Checklist (page 10)

Stop taking vitamin supplements one week before your surgery.



Step 5.

Prepare Your Home checklist

Be sure to check each box.

- Clean your home and do the laundry.
- Put frequently used items on easy-to-reach shelves, drawers or countertops.
- Arrange for someone to collect your mail, take care of your pets and your yard work.
- For your own safety, make sure you have a secure handrail on at least one side of inside and outside steps.

Unclutter Passageways at Home

- Make sure all pathways are clear of clutter and wide enough so you can move around easily.
- Pick up throw rugs and tack down loose carpeting. Cover slippery surfaces with carpets that are firmly anchored to the floor or that have nonskid backs.
- Be aware of things that might cause you to slip or trip, such as pets, small objects or uneven surfaces.
- Keep electrical extensions and phone cords out of your way. But, don't run wires under rugs, because that's a fire hazard.

Have Good Lighting

- Have good lighting throughout your home. If you haven't already, consider installing night-lights in the bathroom, bedroom and hallways.

Other Suggestions for Home

- Have at least one sturdy chair with armrests.
- Many patients find it most comfortable to sleep in a recliner after shoulder surgery: if you do not have one, consider the possibility of buying or borrowing one.
- Find convenient places for items you use often that you can easily reach with your non-operative arm.
- Consider cooking some meals in advance to freeze and use after your surgery.
- Practice one-handed techniques for dressing, bathing, and toileting for at least one week prior to surgery.
- If possible, arrange furniture to allow you to get in and out of bed on the non-operative side.

Get Mobile with Memorial Alert: Take charge of your health. Use these checklists!

Step 6.

A Few Days Before Surgery

Date: _____

Be sure to check each box:

- Follow the **“Prepare Your Home”** checklist on page 10, so your home is ready from the very first day you’re back.
- Pack properly for the hospital by following the **“What to Bring to the Joint Replacement Center”** checklist on page 13.
- We will provide equipment such as slings, one-handed walkers, and canes while you are in the hospital: no need to bring equipment from home.
- Follow any special instructions you received from your Admission and Testing Center visit or your surgeon’s office.

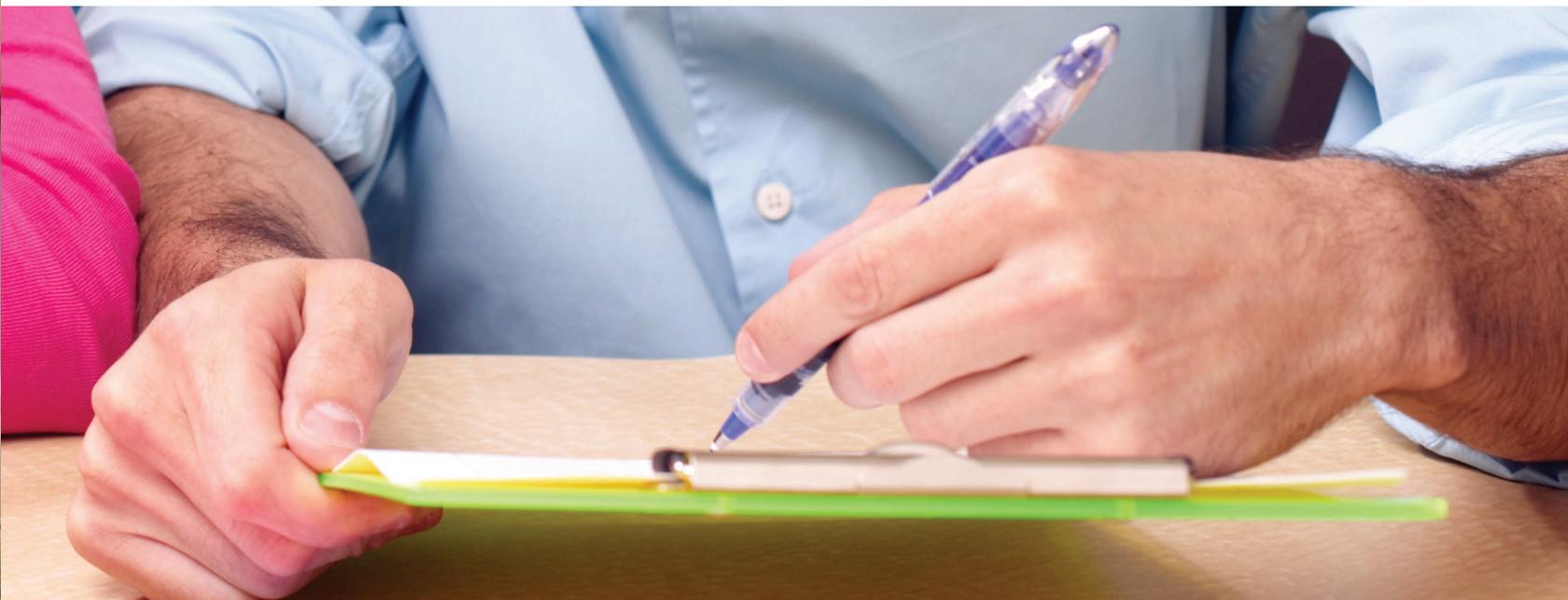


Night Before Surgery

Date: _____

Be sure to check each box.

- Don't eat anything after midnight, and drink clear liquids (i.e. clear apple juice, sugar-water, water, 7-Up, Pedialyte, balanced salt solution, such as Gatorade) up to four hours before your surgery starts.
- Remove all nail polish from your fingernails.
- Don't shave at or near the area where you will be having surgery (your shoulder).
- You will need to shower with antibacterial soap the night before surgery, then wait 2 hours. Next, use the special wipes provided by our Admission and Testing Center to prevent infection.
- Sleep on clean sheets with clean pajamas the night before surgery, and don't let pets into the bed.
- Don't use any lotions or powders after your baths.
- Be sure to complete the *What to Bring to the Joint Replacement Center* checklist on page 13.**



Step 7.

Get Mobile with Memorial Alert: Checklists help you remember what to do next!

What to Bring to the Joint Replacement Center Checklist

To make your stay at the Joint Replacement Center as easy and home-like as possible, please bring the following:

- A positive, can-do attitude and commitment to your fast recovery!
- Important telephone numbers (joint coach, family, friends, etc.). You can keep track of them on pages 35.
- The Joint Replacement Center Patient Guide.
- We will provide hospital gowns, but if you would be more comfortable, bring two to three outfits to wear during your Joint Replacement Center stay. Bring loose-fitting clothing (button down shirts, drawstring or elastic band shorts or loose pants). Remember that you'll be walking in the halls, so plan for modesty. If desired, you can also bring a robe or housecoat.
- Comfortable, sturdy shoes and socks. No flip-flops, sandals, crocs, or open house-shoes, please. We provide non-skid socks while you are in the hospital, but you may bring your own socks if you would like.
- If you have been diagnosed with obstructive sleep apnea, please bring your personal CPAP machine.

Please leave at home:

- Jewelry
- Credit cards, checks, large amounts of cash
- Medications — we'll provide all of your medications while you're here

Day of Surgery

Date: _____

Be sure to check each box:

Before You Arrive

- Do not use any lotions, deodorant, makeup, perfume or aftershave on the day of surgery.
- Take only the medications that you were instructed to take the morning of your surgery with a sip of water.
- Follow any additional instructions given to you by your orthopedic surgeon's office.

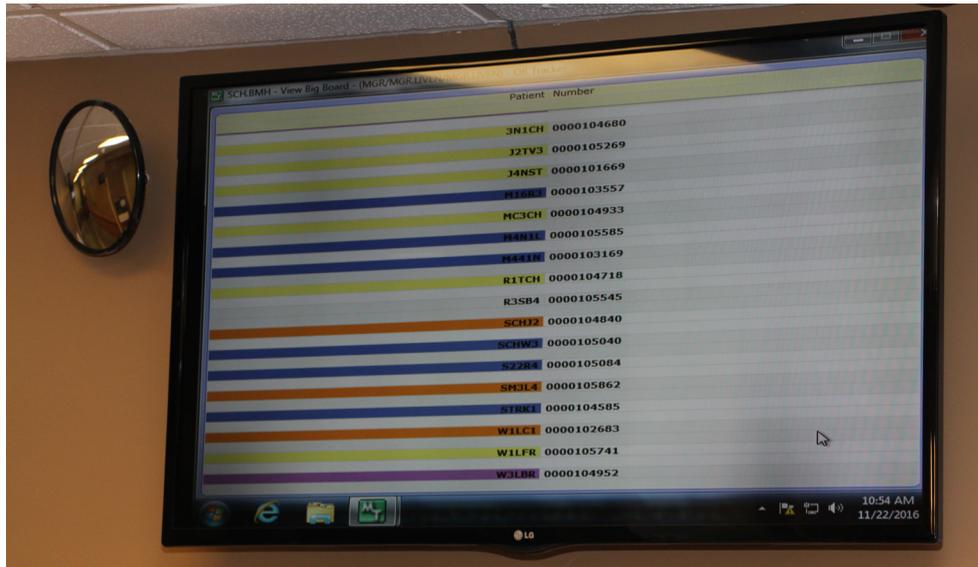
Arriving and checking in

- Please check in at Outpatient Surgery located by the Serenity Garden between Medical Office Buildings A and B:
 - The surgical receptionist will notify your family/friends and Joint Coach when your surgery is completed.
 - After surgery, your orthopedic surgeon will meet with your family/friends and Joint Coach.
 - **It is important that your family is in the waiting room when your surgery is completed so that your orthopedic surgeon can provide an update on your condition.**



Get Mobile with Memorial Alert: Checklists help you remember what to do next!

Step 8.



Right Before Surgery

- Your preoperative room nurse will review your medications and health history with you and start an IV in your arm.
- You will meet with your anesthesiologist to discuss the most appropriate anesthetic for you, as well as how to best manage your pain after surgery.
- Your orthopedic surgeon will meet with you again to review the surgical plan and mark where the surgery will occur (your shoulder).
- You will be given medication that will help you relax before going to the operating room.

During Your Surgery

- Your surgical team will take excellent care of you, monitoring your breathing, heart rate and blood pressure throughout your surgery.
- During your surgery, your family will be directed to the surgical waiting room, where they can check in with volunteers who will keep them informed of your progress.
- Your family can also follow your progress on the tracking board in the waiting room. (see above)

Right After Surgery

- You'll wake up in the recovery room where you will spend a minimum of one hour.
- Specially trained nurses and an anesthesiologist will monitor your breathing, heart rate, blood pressure and pain management.
- When your recovery room team feels that you're able to move to your room in the Joint Replacement Center, your team will notify your family to meet you there.

The Joint Replacement Center After Surgery

Have your joint coach at your side any time of day and for every activity. Your coach will learn a lot, which will help make your recovery at home faster and easier. Your friends and family are welcome any time at the Joint Replacement Center as well.

What to Expect When You First Arrive

- Your nurse will welcome you and your family to the Joint Replacement Center and will help you settle into your room, which will be equipped to help you get up and moving.
- You may have oxygen overnight and will have a monitor to track your oxygen level, heart rate and rhythm.
- Your vital signs (blood pressure, heart rate and temperature) will be checked often at first and then every four hours while you're at the Joint Replacement Center.
- You'll have fluids going through your IV following surgery.
- You may have a catheter in your shoulder with a pump for anesthetic medicine: see below for more information.
- You'll have a dressing over your incision, which might feel bulky, and your operative arm will be in a sling.
- Swelling is very common after surgery. Using ice or cold therapy will help keep the swelling and pain under control.
- When you feel more alert and awake the evening of your surgery, your occupational therapist will help you get out of bed. Your nursing staff can also help you to move around.

Fall Prevention During Your Stay

You are at a higher risk for falling after your surgery because of medications and anesthesia, equipment and limited mobility.

- **Your safety is very important to us. Remember to ALWAYS call for help anytime you feel that you need to get up.**
- **Only the Orthopedic staff can help you get up. DO NOT get up out of bed alone or with family or friends during your stay.**

Get Mobile with Memorial Alert: Time for you and your joint coach to really get to work!

Step 9.

Pain Management

The pain you'll experience after surgery is usually different from the arthritic pain that you felt before. To gain full use of your new joint, you'll need to follow the accelerated therapy plan that we've custom designed for you. So during your therapy, you'll often be asked to rate your pain on a scale of 0 to 10 (please see the chart). Above all, we want you to be as comfortable as possible while you recover. So, let us know if your pain medication is doing its job, or if we need to adjust it: please communicate with our nursing staff about your pain level.

- **Multi-Modal Pain Medicine Therapy**

We will provide you with both scheduled pain medicine and medicine as needed to control your pain. The different types of pain medicine work together for better pain control. Your nurse will check on your pain level often.

- **Ice Packs**

Ice packs on the incision area can help relieve pain and swelling. We will provide you with an ice pack in the hospital that you can take home with you after your stay.

- **Repositioning**

Changing positions can help with pain control. Your nursing staff will help you to move from the bed to a chair and back. Please be sure to wait for our staff to help you before getting up. The majority of patients are most comfortable when sitting in a chair.

STOP!

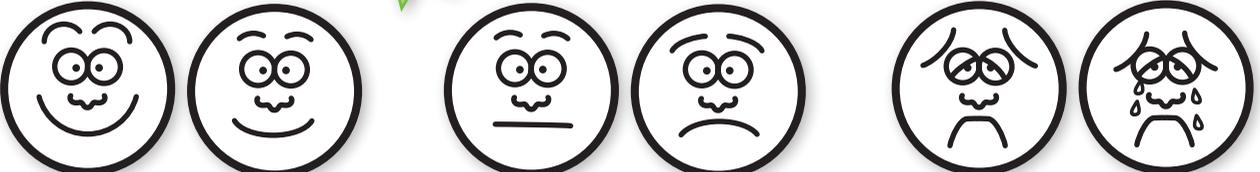
Call Your Nurse...

- When your pain is getting worse
- When you need pain medication
- When your pain is not being controlled



0 No Pain **2** Little Pain **4** Mild Pain **6** Moderate Pain **8** Severe Pain **10** Worst Pain

4 CALL YOUR NURSE



Step 9.

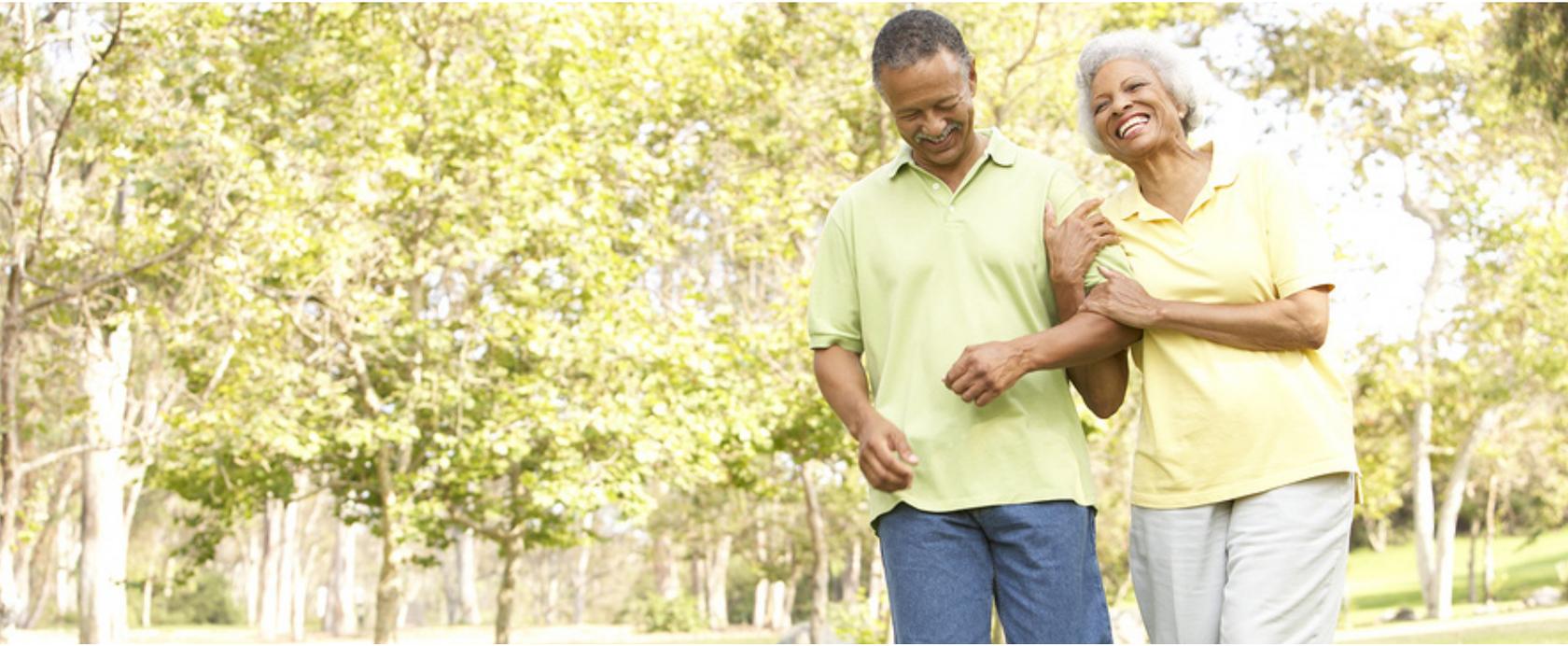
- **Anesthetic Pump**

You may have a small pump filled with anesthetic medicine, connected to your shoulder by a very small catheter inserted below the skin. The pump is small, about the size of a grapefruit, and delivers a slow infusion of local anesthesia that relieves pain without the common side effects of narcotic medications, such as nausea and grogginess. You'll have a bag to carry your pump with you as you move. You can go home with your anesthetic pump, and it is very simple to remove at home 3-4 days after surgery. If you go home with an anesthetic pump, we will provide you with detailed instructions and a 24 hour nurse-staffed call line for questions.



Get Mobile with Memorial Alert: Think healthy for life. It's your responsibility!

Step 9.



Activity

- Start moving with help from staff as soon as possible after surgery, which helps your breathing and digestion and will help you heal faster. It may hurt to move, but moving and being active will help lessen pain over time.
- Actively participate in your accelerated therapy course. Research shows that when you move as soon as possible after surgery, you'll recover faster and your new joint will work better.
- On the night of surgery, your Joint Replacement Center team will help you sit up or get out of bed; be sure you wait for your nurse's help.
- Your Joint Replacement Center team will get you up and moving very early during your stay in the Joint Replacement Center.

Get Mobile with Memorial Alert: Spend most of the daytime hours out of bed.

Step 9.

Preventing Complications After Surgery

To help minimize the risk of developing a blood clot or pneumonia, your nurse or therapist will help you sit on the side of your bed the evening of your surgery. Every day, you'll be encouraged to get out of bed and move around. This will increase the range of motion of your new joint.

Preventing blood clots:

Your surgeon and entire team will determine what treatments to use to help prevent blood clots, which are a serious condition:

- Preventive measures may include an intermittent massaging compression device on your calves to help keep the blood flowing.
- The nursing staff will encourage you to wiggle your fingers, paddle your feet and ankles, perform foot circles and move your arms and legs to keep the blood flowing.

Preventing pneumonia:

- You'll receive an incentive spirometer to help prevent the risk of pneumonia. It's a device that will help us assess the amount of air you use with each breath, and you'll need to use it at least 10 times every hour while you're awake.
- It's important to be out of bed and be active every day. This helps you take deeper breaths and decreases your risk for pneumonia.



Get Mobile with Memorial Alert: The harder you work, the faster you'll go home!

Step 9.

Your Nutritional Needs

Your digestive system will need to 'wake up' after surgery, so you'll be on a restricted diet of clear liquids at first. Your nurse will help you decide how quickly you can start eating normally to avoid the nausea that sometimes comes after anesthesia or pain medication.

Shortly after you're admitted to the Joint Replacement Center, your nurse will introduce you to the diet recommended by your doctor and our menu selections. You will be able to place your meal order by telephone or through your nurse, and our dietary associates will help you select foods within the guidelines of any special restrictions made by your doctor.



It may take a few days before you have a bowel movement, because anesthesia, pain medication and not moving around can cause constipation. Please be sure to drink plenty of fluids (water is always best) and eat whole grains, fruits and vegetables. Your surgeon may prescribe a stool softener or laxative as well.

Physical Therapy

Some patients need additional physical therapy for mobility during their hospital stay. Your physician will determine if this is needed.

Physician, Physician Assistant or Nurse Practitioner, and Care Coordinator

Your surgeon and the healthcare team will visit you regularly at the Joint Replacement Center to monitor your progress and overall health. At discharge, you'll receive your medication prescriptions, plus any equipment you need to help you move around while you recover.

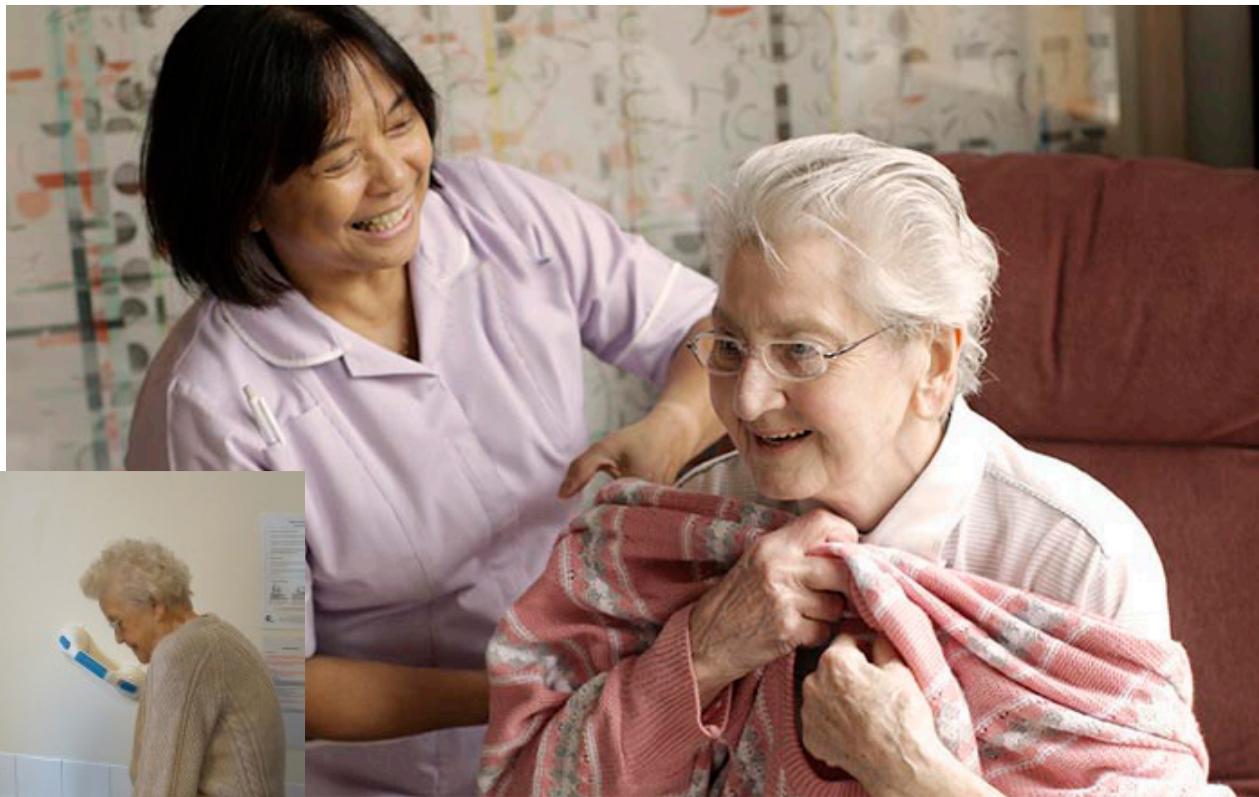
Two to four weeks after surgery, you'll have a follow-up appointment with your surgeon. Your surgeon's office will direct you about scheduling periodic appointments after that.

Step 9.

Occupational Therapy

After surgery, your occupational therapy team will instruct you in exercises to improve your range of motion and strength and help you move your arm. Some of these exercises will be familiar to you from the Occupational Therapy Assessment Screening and some will be new. The team will also assist you with walking short distances and progress your therapy plan on an individual basis to help you achieve your therapy goals.

- Protecting your new joint is very important, so we'll tell you about any precautions or restrictions that will help reduce soreness, while strengthening your muscles around the joint.
- When you leave the Joint Replacement Center, you should be able to:
 - Walk safely with supervision.
 - Get safely in and out of bed or a chair without assistance.
 - Get safely in and out of a vehicle.
 - How to safely get on/off of the toilet, and in/out of the shower.
 - Understand how to protect your new joint while getting dressed.
 - Perform exercises as instructed by your therapist to increase strength, mobility and balance.
 - Move around safely at home.
 - Climb up and down stairs.



Step 9.

Planning Your Discharge

From the minute you decided to have joint replacement surgery to today, the Joint Replacement Center team has been working with you to get you home and back to your daily activities as soon as possible. When you get to go home is based on:

- Evaluation before surgery
- Your progress with therapy
- Strength and endurance levels
- Your joint coach and other support resources.

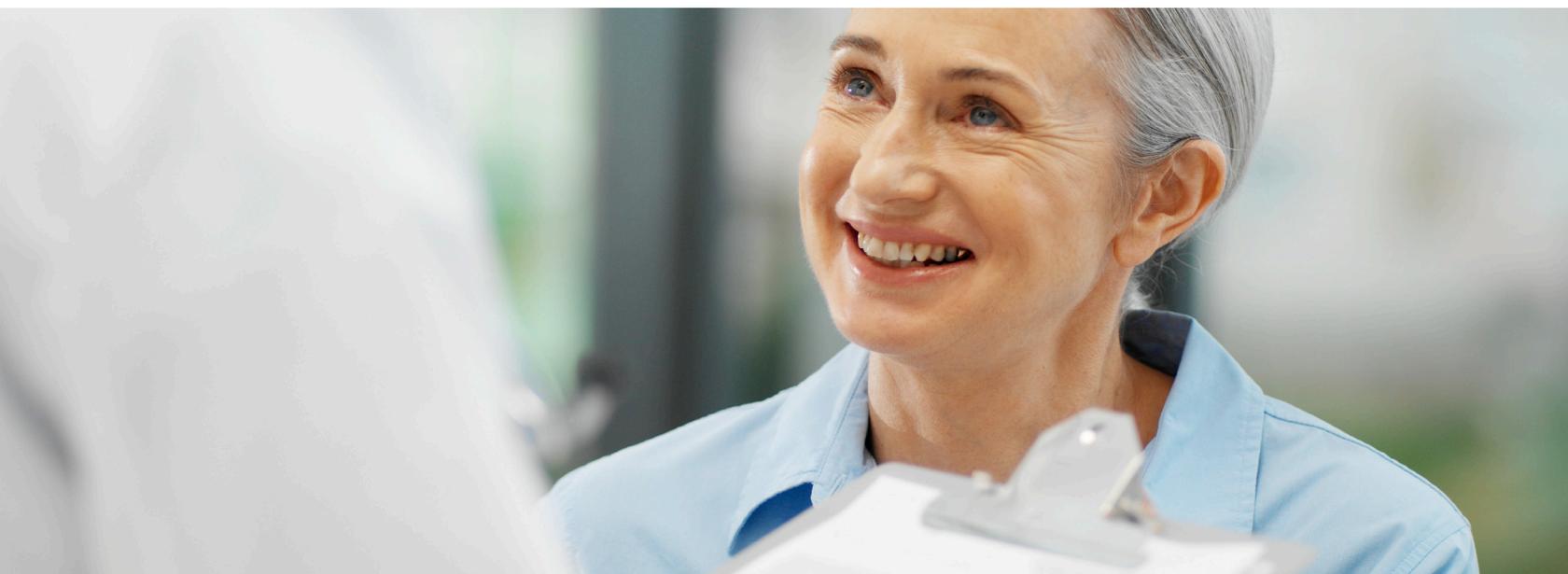
Your surgeon and the Joint Replacement Center team will work with you to determine the level of care and follow-up you'll need after you go home to ensure a full recovery — and then your social worker and case manager will arrange it. Also, your nurses and therapists will advise you on how to perform in-home exercises to help you continue strengthening your new joint.

Discharge Options

We also will work with you to determine your best option for continuing therapy after you leave the Joint Replacement Center. Your options include:

- Outpatient therapy at one of three Memorial outpatient therapy locations, including the Orthopedic and Neurosciences Center
- Outpatient therapy at another location of your choice

Whatever the choice, we will make sure all of your discharge plans are taken care of after your surgery. Before you leave the Joint Replacement Center and are going home, our staff will ensure you have everything you need at home, and our social worker will obtain equipment (such as a sling, cane or one-handed walker) for you. Your orthopedic surgeon will provide you with a prescription for pain medication at home as well.



Caring for Yourself at Home

Going Home

Our goal is the same as yours: for you to go home as quickly as possible. The average stay at the Joint Replacement Center is 2 days. By taking advantage of the Joint Replacement Center and actively participating in your accelerated therapy program, you'll get better faster. You'll have more confidence in using your new joint. And you'll be ready to return to the active lifestyle you've been missing — until now.

But never forget: The work doesn't stop once you go home. *Keep moving* with these next steps.

Care of Your Surgical Incision

- Keep the clear plastic dressing on until your follow up appointment with your orthopedic surgeon.
- You and your Joint Coach should keep a close watch on your incision. There will be some swelling initially, especially after physical therapy or exercise. There should not be any redness, hotness, odor, increased drainage, or opening of the incision.
- Follow your orthopedic surgeon's instructions on caring for your incision, including how to take a shower. You may or may not be able to use an occlusive bandage.

In no circumstances should you submerge your incision (in a bathtub, hot tub, pool, lake, river, etc.) until it's healed and your surgeon gives you clearance.



Hand washing helps to keep you healthy and free of infection.

Hand washing goal:
Wash hand for 15 seconds.

This is the amount of time it takes to sing the "Happy Birthday" song.

Get Mobile with Memorial Alert: Safety-proof your home! See the checklist on page 10.

Step 10.

Getting Dressed Safely

- Bend forward with the operative arm dangling toward the floor.
- Carefully pull your shirt over the operative arm with the non-operative hand, leaving your operative arm dangling toward the floor.
- With your non-operative arm, carefully pull the shirt over your head. Try not to move the operative arm.
- To button your shirt, use both hands with arms bent at the elbows. Keep the elbow of the operative arm against your side.

Sleeping

- Many shoulder replacement patients find that sleeping in a recliner is the most comfortable option. Sleeping in bed propped up on pillows is another option.
- If you choose to lie down in bed, place a small pillow or folded blanket under your operative arm for support.
- When getting up from lying in bed, roll onto your non-operative side and use that arm to push yourself up.

Sling Use

- Your operative arm will be in the sling for the majority of the time following surgery: it's very important to use the sling as ordered by your surgeon to prevent dislocation of the new shoulder joint.
- You can remove the sling for bathing, dressing, and performing prescribed arm exercises.
- Your orthopedic surgeon will inform you to remove the sling at two weeks after surgery in most cases.
- Applying the sling
 1. Place your operative arm through the sling with your elbow at a 90 degree angle. Make sure your elbow is all the way back against the sling. Your hand will be in the opening.
 2. Attach the closure strap across the open top of the sling. Position the strap so it holds the arm securely in the sling.
 3. Attach the thumb strap across the open end of the sling by the hand. Position the strap so that it is between the thumb and fingers.
 4. There is a strap that starts by your elbow. It should go up around the back of your neck and come down in the front and fasten into a clip on the top of the sling by your hand. The strap length can be adjusted using the Velcro on the back of the strap. The neck pad (on the strap) is optional and can be centered over the back of the neck to provide comfort.



continued on page 26

Step 10.

Driving

- Riding in a car is permissible after surgery, but if you are going to be in the car for a long period of time, you should stop to get out and walk around at least every two hours.
- You may NOT drive a car until your surgeon clears you for driving, and you should not drive with a sling on.
- You may NOT drive a car while taking your prescription pain medication.

*****IMPORTANT INSTRUCTIONS*****

Shoulder Precautions (Total Shoulder Replacement patients only)

- No pushing, pulling, or lifting anything heavier than a coffee cup on the operative arm.
- Do NOT externally rotate the operative arm past 30 degrees.
- Do NOT reach behind your back with the operative arm.
- Do NOT push off from a chair with your operative arm.

Shoulder Precautions (Reverse Total Shoulder Replacement patients only)

- No pushing, pulling, or lifting anything heavier than a coffee cup on the operative arm.
- Do NOT push off from a chair with your operative arm.
- NO active or passive movement of shoulder.

Step 10.

Total Shoulder Exercises After Surgery



Table Slide

Sit at a table with a towel spread out on the table top. Place your forearm and elbow on the towel. Keeping your lower arm and elbow on the table, slide your arm forward and back.



Pendulum

Using a counter or sturdy piece of furniture to lean on, bend forward, allowing your operative arm to hang straight toward the floor. Using your body to sway gently, allow your arm to swing forward and back in a straight line, then in a circular motion, clockwise and counterclockwise.



Pulleys

(If you had a REVERSE Total Shoulder Surgery, DO NOT start Pulley Exercises until instructed to do so by your therapist)

Put a chair against a door and sit facing away from the door. Grasp the pulley handles with both hands. Pull down on the pulley with your non-operative arm, lifting your operative arm up. Pull it up no farther than level with the top of your head, pause, and then slowly release your arm back down. Make sure your arms make a forward motion; do not swing them out to the side. Your OT will show you how high you are able to raise your operative arm.

Step 10.

Outpatient Therapy

A strong rehabilitation program is critical to the success of your joint replacement. After you go home, continue your therapy at the Orthopedic and Neurosciences Center, located right on our campus, to help you recover and return to your everyday activities faster. While outpatient therapy isn't right for everyone, eligible patients should take advantage of it.

Here's why:

- You'll work one-on-one with therapists already familiar with your stay at the Joint Replacement Center and who know your surgery and therapy plan inside and out. So, they can 'jump right in' and speed up your recovery.
- We'll also monitor your incision to ensure proper healing is taking place.
- Your outpatient therapists will have a direct line to your surgeon and other team members should you need more follow-up care from them.

So, what will happen during outpatient therapy?

Two to three times a week, you'll visit our campus for:

- Progressive strength training
- Increased range of motion
- Reduced pain and stiffness
- Improved balance, movement and control
- Improved ability to change direction and move easier.



What happens if outpatient therapy isn't right for you?

Then we'll recommend other options to continue your therapy and help you make the most of your new joint.

Get Mobile with Memorial Alert: You're responsible for your care at home!

Step 10.



If you develop chest pain, CALL 911 IMMEDIATELY.

- **Do not drive yourself** or a loved one to the emergency room. You can be treated faster and more effectively when the appropriate hospital is notified ahead of time by emergency services. **Quick treatment** can limit the damage to your heart.
- Note the time of your first symptoms.

Contact your surgeon or nurse navigator immediately if:

- Your pain increases
- The incision becomes red or warm
- There's an opening in your incision
- There's increased draining from the incision
- The drainage from the incision has an odor
- The area around the incision becomes increasingly swollen or red
- You have increased numbness or tingling of the arm or hand
- Either calf becomes painful, swollen or tender
- You develop coughing, fever or shortness of breath.

Step 10.



Pain and Medication

You can expect to have some pain, and our goal is to make it manageable after you go home. Here's how:

- You'll receive prescriptions for your pain medications, which you can fill at your pharmacy.
- Start by taking your pain medication as prescribed. As your pain lessens, decrease your dosage.
- Pain medication can make you constipated: you will also have a prescription for a stool softener/laxative to help counteract any constipation from pain medicine.
- Remember to practice all of the other ways to manage pain:
 - Activity – being active helps lessen pain
 - Distraction – focus on something other than your pain
 - Ice/Cold Therapy – will help keep swelling and pain under control

Step 10.

Constipation

Many things can cause some degree of constipation, including pain medicine, iron supplements and a decrease in mobility caused by your surgery. This is normal, and your physician may prescribe a stool softener for you.

Some patients also may lose their appetite for several weeks after surgery. It's common and will improve with time.

- Until your appetite improves, try to eat smaller, more frequent and well-balanced meals — vs. three large meals a day.
- Drink plenty of non-alcoholic, non-caffeinated fluids throughout the day to keep your body hydrated. Water is ideal.

Driving a Car

Once your surgeon allows you to remove the sling and you are able to comfortably use your operative arm — and you're no longer taking prescription pain medication — your doctor may clear you to start driving again. That might take a couple of weeks, but don't rush it. If you don't feel you're ready, don't get behind the wheel. Have your Joint Coach or other family member or friend drive you.



Step 10.



Sleeping

Getting enough rest will help you heal faster and feel better. You may need to use your pain medications one hour prior to bedtime to help you relax, control your pain and help you go to sleep easier. If you need pain medication before going to sleep, be sure to take it as directed by your physician. Do not take sleeping pills with your pain medication unless directed to do so by your physician. Keep the operative arm supported on a pillow or folded blanket while in bed, and keep it in line with your body. Many people find it most comfortable to sleep in a recliner chair after shoulder surgery, so if you do not have one, consider the possibility of borrowing or buying one prior to surgery.

Home Exercises

Be sure to follow your home exercise plan regularly, so that you can regain your full range of motion and flexibility faster. Also, keep walking, because it will help your muscles get stronger.

Ice Packs

- Continue to use your ice pack; it helps to reduce swelling and pain.
- Use it for at least 10 to 15 minutes each time (or up to 20 minutes for pain control).
- Don't place the ice pack directly on your skin. Always have fabric (such as a clean pillow case or towel) between the pad and your skin.

Step 11.

Your Care-at-Home Checklist

- Don't wear open-toed slippers or shoes without backs. They don't provide adequate support and can lead to slips and falls.
- Rise slowly from either a sitting or lying-down position. This helps prevent feeling dizzy or light-headed as you get up.
- Change positions frequently to avoid stiffness.
- If you're in the car, get out every one to two hours for a short walk, to lessen stiffness.
- Don't lift heavy objects for the first few months — then only with your surgeon's permission.
- Avoid sitting on sofas or chairs that are low, deep or very soft.
- Remember to remove all obstacles at home, including rugs. Add handrails in the shower, bathroom or other passageways, if needed.
- Keep all appointments with your doctors, therapists and other healthcare providers!**
You can keep track of them on page 2.

Your health — MyMemorial Patient Portal

Memorial Hospital offers a patient portal called MyMemorial, which is accessible through memhosp.com. By logging in to MyMemorial, you can become more involved and educated about your health by viewing your patient profile and test results.

Signing up is easy:

1. Go to the Health Information Management department at Memorial Hospital Belleville with a photo ID and provide your e-mail.
2. Access your e-mail for your login ID, one-time password, and link to the MyMemorial Patient Portal. Follow the instructions, and start exploring the Portal!

For more information, please call (618) 257-5300.

So get mobile online — and congratulations again for taking control of your health!

Staying Healthy

Keep You and Your New Joint Healthy

The work doesn't stop after your therapy program ends!

Living a healthy lifestyle speeds up your recovery — maintaining that lifestyle will help ensure your new joint works well for years to come.

Keep Exercising

It's the proven way to maintain strong and healthy muscles around your new joint. If your surgeon and family doctor say it's okay, try to exercise regularly: three to four times per week, 20-30 minutes at a time. Start with low-impact exercises, such as: taking one to three mile walks, using a treadmill or stationary bike, participating in an exercise program at a fitness center or an at-home program. Continue your arm exercises taught to you by the occupational therapist as well.

Watch Your Weight

Eating right and exercising regularly will help you control your weight, which will put the least amount of stress on your new joint. A dietitian can design a healthy weight loss meal plan just for you. Just let us know if you'd like us to refer you to a dietitian that's close to your home.

Remember: Your health is your responsibility.

You'll want to keep eating a balanced and heart-healthy diet, manage your weight and more. For more information, please visit americanheart.org.

Continue to Stay Smoke-Free

If you quit smoking for your surgery, congratulations! By staying smoke-free, you are taking good care of yourself and practicing preventive medicine. Also, avoid smoky environments as secondhand smoke is not good for your health.

Good Health — a Commitment You Make to Yourself

Good health is a commitment you make to yourself and also to your family. It means living a healthy lifestyle and knowing your risk factors — blood pressure, blood glucose, blood cholesterol and body weight. Being screened for your health risk gives you enormous power to make changes in your lifestyle and improve your overall health.

If you have any other surgery or dental work in the future...

Be sure to tell your doctor or dentist that you have had a joint replacement, so that you can be taking the appropriate antibiotic medication prior to the procedure.

Step 11.

Health Care Provider Phone Numbers

HEALTH CARE PROVIDER	NAME	PHONE NUMBER	EXCHANGE NUMBER
Orthopedic Surgeon		(618) 234-9884	
Primary Care Physician			
Care Coordinator		(618) 767-2194 (Hospital Number)	
Home Health Agency			
The Orthopedic and Neurosciences Center		(618) 257-5250	
Occupational Therapy		(618) 257-5250	
Hand and Shoulder Therapy		(618) 257-5249	
Admission and Testing Center		(618) 257-5460 (Belleville)	
Memorial Hospital Belleville		(618) 233-7700	
Smoking Cessation Help Line		1-800-QUIT-NOW	
American Heart Association		1-800-AHA-USA-1	



For a referral to a Memorial Medical Group physician, or for more information about our Community Education Programs, please call **(618) 767-7000** or **(618) 233-7750** or visit our website *mymemorialnetwork.com*

Memorial Hospital Belleville complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 618-257-5420 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电 618-257-5420 (TTY: 1-800-735-2966)。