Shoulder Replacement Journey Guide
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WASHINGTON UNIVERSITY PHYSICIANS
BARNES-JEWISH HOSPITAL
BARNES-JEWISH WEST COUNTY HOSPITAL

Thank you for choosing us for your shoulder replacement. Our highly specialized healthcare team will work with you to provide excellent care. We are committed to making a correct diagnosis and developing your treatment plan to ensure that you receive the highest quality and safest care possible.

During your hospital stay, we will help you recover from your shoulder replacement surgery in a healthy way. By reading this guide, you are already on a journey back to enjoying your favorite activities.

YOUR JOURNEY TO RECOVERY STARTS NOW.

This is your journey guide for a successful surgery. You will have an excellent care team to lead you along the way.

- Use this guide to learn about what will happen before, during and after surgery.
- Complete the guide checklists. This will help you prepare for a healthy recovery.
- Bring this guide with you to all doctor visits, meetings and your hospital stay.
My surgery will take place at:

☐ Barnes-Jewish Hospital
1 Barnes-Jewish Hospital Plaza Drive
St. Louis, MO 63110

☐ Barnes-Jewish West County Hospital
12634 Olive Blvd.
Creve Coeur, MO 63141

My diagnosis: ________________________________

My surgery: ________________________________

My surgery is scheduled on: __________________ and will take about _______ hours.

Additional Items: ________________________________

My follow-up appointment: ________________________________

If you have any questions at any point in your journey, contact:

Name: ________________________________

Phone number: ________________________________
YOUR JOURNEY TIMELINE

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# Getting to Know Your Care Team

Your care team is here to provide excellent, world-class health care. We are committed to helping you during your entire journey.

<table>
<thead>
<tr>
<th>Role</th>
<th>Description</th>
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<tr>
<td><strong>Orthopedic Surgeon</strong></td>
<td>Your surgeon and surgical care team will guide your care and perform your joint replacement surgery.</td>
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<tr>
<td><strong>Registered Nurse (RN) and Patient Care Tech (PCT)</strong></td>
<td>Your care team is trained in orthopedics and will follow your surgeon’s plan for your rapid recovery. They will teach you and your joint coach how to stay safe and healthy during every step of your recovery.</td>
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<tr>
<td><strong>Anesthesia Team</strong></td>
<td>An anesthesia physician or advanced practice nurse will evaluate your surgery needs. This team is specially trained to keep you safe during surgery and in recovery. They are key team members to manage your pain. You will meet a member of this team at your surgical evaluation at the Center for Preoperative Assessment and Planning (CPAP).</td>
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<tr>
<td><strong>Physical Therapist (PT)</strong></td>
<td>Your physical therapy team plans the best way for you to build your strength before and after receiving your new joint. This team utilizes special training to help get you moving and boost your abilities with your new joint.</td>
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<tr>
<td><strong>Nurse Practitioner (NP)</strong></td>
<td>Your advanced practice registered nurse will work with your surgeon to manage your care. Your nurse practitioner will see you after your surgery.</td>
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<tr>
<td><strong>Occupational Therapist (OT)</strong></td>
<td>Your occupational therapist will help you plan to safely complete daily activities, like dressing and bathing. They will teach you how to be independent at home. They will also educate you regarding appropriate upper extremity exercises.</td>
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<tr>
<td><strong>Case Manager</strong></td>
<td>Your case manager is trained as a registered nurse or social worker. Your case manager will plan with your care team to best assist your needs about discharge, home equipment and help you with your insurance questions.</td>
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<tr>
<td><strong>Social Worker</strong></td>
<td>Shoulder patients typically go home after surgery. However, if you have a complex medical discharge or require a skilled nursing facility after discharge, a social worker will meet with you to facilitate your discharge.</td>
</tr>
<tr>
<td><strong>Patient Experience Team</strong></td>
<td>We want you and your loved ones to have an excellent experience during your hospital stay. Our patient liaisons and hospitality services team members are available to answer questions, as well as provide information about the campus area resources.</td>
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GETTING HEALTHY FOR SURGERY

Let’s get started! Here is a checklist that will guide you to be your healthiest for your new joint and new start.

☐ Choose a joint coach for your care journey

Your joint coach plays an important role in your recovery. Select a family member or friend who can be by your side during your entire journey. Please choose a coach based on the following:

- Your coach must:
  - Be in good physical condition.
  - Stay with you 24 hours a day after you are discharged from the hospital.
  - After you have been discharged from the hospital, stay with you 24 hours a day for 2-3 days, until you are safely independent.
  - Provide transportation to and from surgery and doctor visits.
  - Communicate clearly with your doctor’s team as needed.

- Your coach will assist you with:
  - Medication and pain management.
  - Personal care such as bathing and using the bathroom.
  - Household chores, meal prep, etc.
  - Position changes, including getting in and out of bed.
  - Following all instructions from your doctor’s office, including exercises and restrictions.

- Your coach will:
  - Motivate you to be your best during your journey.
  - Help you stay on track and reach your recovery goals.
  - Be a second set of ears to learn with you.
  - Help you become independent faster.
  - Learn the proper exercises from therapy and encourage these exercises.

☐ Check-in with your primary care doctors

It is important to check-in with your primary care physician and other specialists such as your heart or lung doctor. Please tell your orthopedic surgeon if you are being treated by any other doctors. In some cases, your surgeon’s nurse will need to contact your other doctors to seek medical clearance prior to surgery.

☐ Healthy teeth

Schedule an appointment with your dentist before surgery to make sure your teeth are in the best health. Healthy teeth will help lower the chance of infection after surgery.

☐ Stop smoking and the use of nicotine products

Nicotine products include cigarettes, patches, nicotine gum, tobacco, e-cigarettes, and vaping products. It is recommended that you stop tobacco products. Your body will recover faster and prevent infection. For tips on how to change habits, reduce stress, and prevent relapse, visit smokefree.gov or call toll-free 1-800-QUIT-NOW (1-800-784-8660).

☐ Diabetes

It is very important to control your blood sugar levels during your journey. This will help you heal faster, prevent wound complications and assist in preventing infection. For more information, call the Barnes-Jewish and Washington University Diabetes Center at 314-747-7300 or 1-877-396-1052. At Barnes-Jewish West County Hospital, contact the Diabetes and Nutritional Counseling Services at 314-996-3823.

☐ Nutrition

Eat well-balanced meals to be healthy for surgery. We will teach you how to be at your best health for your surgery and how the food you eat can benefit your healing and improved lifestyle after surgery. A registered dietician can help you understand how to reach your goals faster, perform better and be healthier. If you are interested in additional nutrition counseling, call Move by BJHC at 314-295-0525 or Barnes-Jewish West County Hospital’s Diabetes and Nutrition Counseling Services at 314-996-3823.

☐ Returning to work

Ask your shoulder doctor’s office when you are likely to return to work. Your care team will help you prepare to go back to work safely and return to your active lifestyle.

Being prepared for surgery will improve your surgical journey.
YOUR MEDICATIONS

Please list all over-the-counter medications, prescriptions, vitamins and herbal supplements that you take. This will help you prepare for your surgical evaluation at our Center for Preoperative Assessment and Planning (CPAP).

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>DOSE (STRENGTH)</th>
<th>HOW MANY TIMES A DAY</th>
<th>WHY DO YOU TAKE THIS MEDICATION</th>
<th>PRESCRIBING DOCTOR</th>
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GETTING READY FOR SURGERY
The surgical evaluation visit is an important part of your journey.

SURGICAL EVALUATION VISIT AT THE CENTER FOR PREOPERATIVE ASSESSMENT AND PLANNING (CPAP)

☐ You and your coach will meet with the anesthesia team at your CPAP visit

☐ You will schedule your visit for 1-4 weeks before surgery

☐ Center for Advanced Medicine • 1st floor 4921 Parkview Place • St. Louis, MO 63110

☐ Barnes-Jewish West County Hospital Main entrance • registration desk 12634 Olive Blvd. • Creve Coeur, MO 63141

WHAT TO BRING

☐ This Journey Guide

☐ Insurance card and driver’s license or state ID

☐ Advanced directive (if you have one)

☐ Complete list of your health history and past surgeries

☐ Complete list of your current medicines including prescriptions, over-the-counter, vitamins and herbal supplements

☐ Copy of your pacemaker card including make, model and settings (if you have one)

WHAT TO EXPECT

☐ Health Review
  - We will talk about your health history and past surgeries.
  - Please tell us if you have ever had a problem with anesthesia.
  - You will receive a health exam that could include blood tests, EKG and other tests.

☐ Medicines
  - We will talk about your current medicines.
  - You will be given instructions about which medicines to take and which ones to stop before surgery. It is important that you follow these instructions.
  - You will be given surgical soap to shower with before surgery.

MAPS AND PATIENT INFORMATION
Barnes-Jewish Hospital: BarnesJewish.org/directions
Barnes-Jewish West County Hospital: BarnesJewishWestCounty.org/directions
## Set Up Your Home Checklist

- Make meals ahead of time that can be reheated.
- Put items that you use often in places that can be easily reached.
- Stop your mail or have someone take care of your mail.
- Set up someone to take care of your children and pets.
- Set up someone to help you with household chores such as yard work, laundry and house cleaning.
- Make sure all stairs at your home have a sturdy railing.
- Make clear pathways. Remove anything in the way of your walking. This includes loose rugs, uneven surfaces, wires and cords. These items could cause you to slip or trip.
- Make sure all walking areas are well lit. If needed, add extra light to see.
- Make sure your bed is not too low, and do not use a waterbed.
- You may consider sleeping in a recliner for the first several weeks after surgery as many people find this more comfortable following shoulder replacement surgery.
- Make sure to wear baggy, loose-fitting shirts that preferably button closed for easy dressing.
- Plan to be independent after surgery. Borrow or buy items to help you.
Special Alert: It may be time to stop taking certain medicines before surgery. Please review your instructions.

1 WEEK BEFORE SURGERY

☐ What medicines do you stop taking?
  • Non-steroidal anti-inflammatory medications (NSAIDs) and arthritis medications such as: Advil®, Aleve®, ibuprofen, Motrin®, Indocin®, Naprosyn®, Celebrex®, Meloxicam®.
  • Please check with your nurse about the exact time frame for stopping aspirin products and blood thinners such as: Coumadin®, Xarelto®, Plavix®.

☐ Do you have an infection?
  • Call your shoulder doctor’s office if you feel sick or think you have an infection of any kind.
  • Signs of infection are:
    - Chills and sweats.
    - A change in cough or new cough.
    - Sore throat or new mouth sore.
    - Redness, soreness or swelling in any area including teeth.
    - New onset of pain.
    - Any changes in skin, urine or mental status.

☐ Do you have any open wounds?
  • Call your shoulder doctor’s office if you have any open wounds, sores, rashes or acne.

☐ Complete the “Set up your home checklist” on page 8.

2-3 DAYS BEFORE SURGERY

☐ Call your shoulder doctor’s office if you have any open wounds or think you have an infection.

☐ Follow any special instructions from your shoulder doctor’s office or CPAP visit.

☐ If you are not sure if you were given any special instructions, call your shoulder doctor’s office.

☐ Pack your bags.

☐ Complete the “What to bring” checklist on page 10.

THE DAY BEFORE SURGERY

☐ Follow the instruction sheet given to you at your CPAP visit.

☐ Nothing to eat or drink after midnight, including chewing gum, lozenges or water.

☐ Remove all nail polish and artificial nails.

☐ Shower using your special surgical soap and sleep in clean sheets and pajamas.

☐ Do not use any lotions, powders, deodorant, perfumes or makeup.

☐ Review the “what to bring” checklist on page 10.

Your shoulder replacement care team is here to help whenever you have a question.
WHAT TO BRING TO THE HOSPITAL

☐ An attitude of success!
☐ This Journey Guide
☐ List of your health history and current medicines
☐ Your insurance card
☐ Your photo ID
☐ A prescription card (if you have one)
☐ A credit card to pay for discharge medicines and co-pays (leave with your coach)
☐ Loose-fitting clothes for discharge, especially baggy button-front shirts to make it easy to wear your sling
☐ Comfortable non-skid shoes and socks (No flip-flops, sandals or Crocs)
☐ Personal toiletry items
☐ If you sleep with a breathing machine (CPAP) for sleep apnea, you must bring it with you
☐ Phone numbers of people you may want to call during your stay

THE DAY OF SURGERY

Please check off each box when complete.

Before you arrive

☐ To help prevent infection, you will need to wash with the special soap, Scrub Care, which was provided during your visit to our Center for Preoperative Assessment and Planning (CPAP).
☐ Do not use any nail polish, lotions, deodorant, makeup, perfume or body sprays.
☐ Take any medicines you were instructed to take the morning of your surgery with a sip of water.
☐ Follow any special instructions given to you for the morning of surgery.

Parking at Barnes-Jewish Hospital

- Valet parking – Located at the lobby entrance on the street level of Barnes-Jewish Hospital Plaza Tower. As you travel from Kingshighway, take entrance A on Barnes-Jewish Hospital Plaza, and continue past the stop light at the entrance to the Plaza parking garage. The valet parking and patient drop-off area will be on your left. Make a U-turn to your left and pull forward past the entrance to the hospital for valet service. Valet parking is available Monday through Friday from 6 a.m.-5:30 p.m.
- Plaza Garage – A subsurface parking garage located at entrance A, near the corner of Kingshighway and Barnes-Jewish Hospital Plaza, across the street from Barnes-Jewish Hospital Plaza Tower.

Parking at Barnes-Jewish West County Hospital

- Valet parking – Available at the east entrance, by the emergency room.
- Self parking – Sufficient free parking is available on surface lots.

Check-in

☐ Barnes-Jewish Hospital: check in at the surgery waiting area on the main floor of the hospital.
☐ Barnes-Jewish West County Hospital: check in at the surgery waiting area on the lower level procedural floor of the hospital.

We are here to help

☐ If you need directions, please visit the information desk located on the main level.
☐ After you check in, you will go through hospital registration. Upon completion, your care team member will take you to the pre-surgery area.

WHAT NOT TO BRING

- Jewelry
- Valuables: such as a purse, wallet, checks and large amounts of money.
- Medicines from home: your care team will give you all medicines you will need during your stay.
YOUR STAY AT THE HOSPITAL

Have your coach at your side to learn how to help you at home.

What to expect

- A member from your care team will come by to meet you and answer any of your questions.
- We value your specific needs, and we do our best to meet them. If you have a question and we are not by your side, you will be shown how to quickly contact us with a hand-held call light.
- Your blood pressure, heart rate, body temperature, IV fluids and healing progress will be checked frequently.
- You will have a large dressing or bandage covering the incision where you had surgery for your new joint. You may have a drain coming out of your incision and connected to a container, which will help reduce swelling.
- Swelling is possible and common. Using ice therapy will help keep the swelling under control.
- Leg pumps may be used to help blood flow.
- Your orthopedic nurse or therapist will help you get out of bed. They will be safely helping you recover.
- Your safety is our biggest priority. If you are alone and want to get up, please contact us with the call light. Do not attempt to get up alone.

Call light: You will have access to your care team at all times with your personal hand-held call light. You will be shown how this works by simply pushing one button that will connect you to a team member.
IT IS IMPORTANT THAT YOU ARE ACTIVE IN YOUR OWN CARE

Pain management
We will work with you to help manage your pain. We will ask you to rate the pain you feel after surgery on a scale of 0 to 10 (see chart below). Your care team will assess how to best help you feel comfortable and tailor your medicines to meet your needs to give you a safe, rapid recovery. It is important to let us know when you first start feeling uncomfortable. Telling us right away will help us keep the uncomfortable feeling from getting worse. Please contact us with the call light any time you need help.

PAIN SCALE

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
<th>ADL Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No Pain</td>
<td>Does not interfere with ADLs*</td>
</tr>
<tr>
<td>1</td>
<td>Mild Pain</td>
<td>Mildly interferes with ADLs*</td>
</tr>
<tr>
<td>2</td>
<td>Moderate Pain</td>
<td>Somewhat interferes with ADLs*</td>
</tr>
<tr>
<td>3</td>
<td>Severe Pain</td>
<td>Partially interferes with ADLs*</td>
</tr>
<tr>
<td>4</td>
<td>Very Severe Pain</td>
<td>Greatly interferes with ADLs*</td>
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<tr>
<td>10</td>
<td>Worst Possible Pain</td>
<td>Completely interferes with ADLs*</td>
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* Activities of Daily Living (ADL) such as: sleeping, eating, mood, walking or enjoyment of life relationships

Nerve block
The anesthesia team may place a nerve block with a small catheter tube in your neck that will give you pain medicine directly to your arm. This medication is similar to what you get at the dentist’s office. The anesthesia team will check on you in the hospital and call once you are home, to make sure it is functioning well and will review how to take care of the catheter tube after discharge. Please let your nurse know immediately if:

- You begin noticing difficulty breathing or shortness of breath.
- You notice the side of your face, the same side as your shoulder replacement, begins to droop or look different.
- You notice a metallic taste in your mouth or ringing in your ears.
- You have increasing pain not controlled with your pain medicines.

Preventing blood clots

- Your care team will decide what treatments will be used to help prevent blood clots. This may include leg pumps and/or medicines.
- Your care team will encourage out-of-bed activities. While in bed, move your legs, feet and ankles to keep your blood flowing. These activities will help prevent blood clots from forming in your legs.

Preventing pneumonia

- You will receive a medical device called an incentive spirometer. This device will help prevent pneumonia by exercising your lungs with each breath to help improve air movement and airflow. You will continue to use this device when you go home.
- It is important to be out of bed and moving. Movement helps you take deeper breaths and creates better airflow to your lungs.
Your nutritional needs

- Your nurse will help you decide how quickly you can start eating. It may take a few days before you have a bowel movement. Anesthesia, pain medication and not moving around can cause constipation.
- Be sure to drink plenty of fluids (water is always best) and eat whole grains, fruits and vegetables.
- Activity will help with your digestion. To prevent constipation, your surgeon will prescribe a stool softener or laxative.

Healing by movement

- Your care team will help you start moving after surgery. This helps your breathing (airflow), circulation (blood flow) and digestion.
- Right after surgery, it may hurt to move. Movement will help decrease your pain, help you heal faster and reduce the risk of problems. It is proven that when you move as soon as possible after surgery, your recovery will be better.
- Your care team will help you sit up and/or get out of bed. This occurs the night of your surgery.
- Please use your call light any time you need help. Your safety is our biggest concern.

Occupational therapy (OT)

- After surgery, you will meet with an occupational therapist. They will teach you exercises to perform at home, how to get in and out of bed, how to walk and how to do certain exercises safely. Additionally, they will work with you on your activities of daily living. It is recommended to have a family member attend the therapy session.
- When you leave the hospital, you should be able to SAFELY do the following:
  - Follow specific precautions for your shoulder replacement.
  - Get dressed with your sling in the proper position.
  - Get in and out of bed.
  - Get in and out of a chair.
  - Get in and out of a car.
  - Do all exercises your OT has provided you.
  - Have balance and be mobile.
  - Climb up and down stairs.

Remember: Follow the precautions given to you by your care team.
Planning your discharge

It is important to us that your journey is successful. Our goal is to get you back to your active lifestyle safely. As you recover, your care team will discuss when it is safe for you to leave the hospital.

Together your care team will talk about:

• Your progress.
• Your strength and endurance.
• Your support resources.
• Your needs after discharge.

Your care team will work with you to determine your needs at home for a safe recovery.

At discharge

• Your nurse will bring your discharge instructions from your doctor. Your nurse will review all instructions with you. **If you do not understand any discharge information, please ask as many questions as you like, so you are confident about what to do when you get home.**

• Your nurse will also give you discharge prescriptions. You can get these filled at your regular pharmacy. Barnes-Jewish Hospital has a mobile pharmacy as well. The mobile pharmacy can bring the prescription medicines to your hospital room before you leave. You will need to pay for these with a credit card.

• Your occupational therapist will give you copies of your home exercises.

• If you are going to a skilled nursing facility, your social worker will arrange your transfer and discuss transportation to the skilled nursing facility.
YOUR JOURNEY HOME

Our goal is for you to be successful using your new joint and be ready to return to an active lifestyle. In order to be successful, you will have to keep strengthening your new joint at home.

Call 911 right away if you have:
- Chest pain, pressure or sharp pain with deep breaths.
- Shortness of breath.
- Rapid heart rate greater than 150 beats per minute.
- Sudden onset or long lasting, severe headache.
- Fainting spells.
- Blood that appears when vomiting, coughing or with a bowel movement.

Never drive yourself to the emergency room.

Call your shoulder doctor right away for the following:
- Temperature above 101°F (38.5°C).
- Increased pain that is not well controlled by your pain medicine.
- Incision is red or warm.
- An opening in your incision.
- New or increased drainage from your incision.
- Drainage from the incision that has an odor.
- Increased numbness or tingling in your arm.
- New nausea, vomiting or diarrhea.
- If you are overly worried, anxious or very concerned about any issue.
- Any problem that was treated by any doctor or in an emergency room.
OUR GOAL IS FOR YOU TO BE SUCCESSFUL AND READY TO RETURN TO THE ACTIVE LIFESTYLE

Movement and activity

Expect to feel weak and tired when you first get home. You should feel a little stronger each day.

- Keep moving as much as you can without increasing your pain.
- Continue to follow the shoulder precautions given to you by your care team.
- Do not lift anything with your operative shoulder until your doctor clears you. It is important to continue to do the exercises as instructed by your therapy team 2-3 times per day.
- Walking is the best exercise. It is best to do shorter, more frequent walks. Take 6-8 walks a day that are at least 5 minutes long.
- Wear comfortable, non-skid shoes. Do not wear backless or toeless shoes. No flip-flops, sandals or Crocs.
- Increased pain for more than 2 hours after an activity often means you have done too much, too soon. Pain is a warning sign to slow down and to pay attention to your posture and movements.
- Do not sit for long periods of time (more than 1 hour at a time). Prevent stiffness by getting up, walking around, and changing positions often. If you are traveling distances, get out of the car every 2 hours and walk.
- Do not sit in low chairs that can make it hard to get up.
- Stand up slowly to prevent feeling faint or dizzy.

- You should not participate in a formal physical therapy program until cleared by your shoulder doctor.
- Keep a diary to record your journey. This includes your activities, pain medicines and bowel movements.
- If you have any questions about your recovery, please contact your shoulder doctor’s office. Your care team is here to help any time you have a question.

Caring for your incision

- It is important to have someone check your incision once a day. Call your shoulder doctor’s office if you have any redness, warmth, odor, increased drainage or opening of the incision.
- You may have a bandage or dressing covering your incision. Change this bandage as instructed by your care team. If this is a clear dressing, do not remove it until seen by your shoulder doctor.
- Always wash your hands right before and right after you touch your dressing. Hand washing helps prevent infection and keeps you healthy.
- Your incision may have stitches, staples, glue or Steri-Strips (small tape strips). If you have Steri-Strips, allow them to fall off on their own. If they have not fallen off by your follow-up appointment, your shoulder doctor will remove them at that visit.
- Do not apply any creams or lotions to your incision.
- Do not soak in a bath, hot tub or pool until your shoulder doctor has cleared you.
Pain and medicines
Your care team will give you a plan to manage your pain when you go home.

- Start by taking your pain medicine as prescribed. As your pain lessens, take less pain medicine.
- If you were given pain medicine at discharge, do not take any pain medicine you may have at home.
- Try other ways to manage your pain:
  - Activity: Movement and activity helps lessen pain.
  - Ice: Use the Polar Care ice machine that was given to you during your hospitalization.
  - Distraction: Focus on something other than your pain.
  - Relaxation: Find a quiet space, close your eyes and concentrate on your breathing.

Constipation (trouble with bowel movements)
Pain medication and a decrease in mobility caused by your surgery can cause digestion difficulty and slow down normal bowel movements. Constipation is common, and your physician will prescribe a stool softener for you. Some patients may also lose their desire for food after surgery.

- Try to eat smaller nutrient-packed meals more often.
- Keep fluids in your body. Water is the best choice.

Sleeping
You may have trouble sleeping for a few weeks after surgery. Your sleep will improve over time. Avoid sleeping pills because they can have side effects. It is a good idea to take your pain medicine 1 hour before you go to bed. This will help you relax, control your pain and help you go to sleep easier.

For the first few weeks, you may need to sleep with your head elevated as many patients have increased shoulder pain lying flat on their back. You can do this in bed with pillows or upright in a chair or recliner. You may place a pillow behind your elbow in order to move your arm away from your body slightly. This often helps with the pain. You should wear your sling when you sleep.

Driving
Have your joint coach, family member or friend drive you until you feel comfortable to drive on your own.

Please follow these guidelines before you drive on your own:

- You must not be taking your prescribed pain medicines.
- You must feel ready to safely drive.
- You need to be able to control the car within the limitations of your shoulder precautions.

YOUR FOLLOW-UP VISIT
After surgery, you will have a follow-up visit with your shoulder doctor or someone from your surgical care team. The purpose of this visit is to talk about your progress and the next steps of your treatment plan.

During this visit, your care team will:

- Take an x-ray of your shoulder and talk about your progress.
- Do a physical exam.
- Ask you questions about how well you are following your discharge instructions and recovery plan.
- Review your medicines, pain management and exercise program.
- Talk about your daily activities, which include returning to work.
- Discuss the next steps of your treatment plan.
STAYING HEALTHY CHECKLIST

- **Exercise**
  - Walking is the best exercise. Start with short frequent walks and increase as tolerated.
  - Avoid high impact exercise such as running and weightlifting, until your shoulder doctor clears you.

- **Eat healthy**
  - Eat a balanced and healthy diet.
  - Managing your weight will keep you healthy.

- **Stay nicotine-free**
  - Nicotine affects your blood flow. This is harmful to your bones and soft tissues.
  - Being nicotine-free is preventive medicine.
  - Try to avoid secondhand smoke. Secondhand smoke can also be harmful.

- **Live a healthy lifestyle**
  - Improve your overall health by getting regular check-ups.
  - Know your blood pressure, blood sugar, cholesterol and weight.
  - It is important to stay healthy.

We hope you are able to use this Journey Guide as a tool for success. If you have suggestions to improve this guide, please share them with your shoulder doctor’s office. It is important to us that you have a well-planned and excellent journey.

Thank you for choosing us for your shoulder care!
For more information, visit ortho.wustl.edu/shoulder or call 314-514-3500.

Barnes-Jewish Hospital
One Barnes-Jewish Plaza
St. Louis, MO 63110

Barnes-Jewish West County Hospital
12634 Olive Boulevard
Creve Coeur, MO 63141

Orthopedics

BARNES JEWISH
Hospital
Washington
University in St. Louis
Physicians

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