Pre-Op Information:
Shoulder Replacement Surgery at GBMC

GBMC Joint & Spine Center
You MUST sign-up for GBMC MyChart

- MyChart will send reminders for your pre-op appointments.

- MyChart to complete the pre-op Joint Replacement Discharge Planning Questionnaire and/or I-PSS (males only).

- MyChart gives you access to your test results, allows you to communicate with your providers, pay your bill, and helps you to coordinate your healthcare needs.

“To every patient, every time, we will provide the care that we would want for our own loved ones.”
Time Sensitive Tasks to Complete Before Your Surgery

- Nasal swab for MRSA/MSSA
  - Must be completed no later than 7 business days prior to your surgery date. **Golden window** for completion is within the 30-days prior to surgery.
    - Kaiser Permanente patients are to have their pre-op MRSA collected at the Kaiser PEEC Center.
    - Non-Kaiser Permanente patients (GBMC Ortho, GBMC Neurosurgery, Ortho Maryland)
      - Testing at GBMC Diagnostic Testing Center
      - **Monday-Friday 8am-11am only, no holidays**
      - Results valid for 60-days

- Preop CHG Wash Kit with directions
  - Begin 3 nights before surgery

- Pre-op Questionnaires

- Fill your prescriptions before your surgery date

- Prevent Covid-19 exposure

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Pre-op MSSA/MRSA nasal swab: To be completed 7 business days to 60 days prior to your surgery date; the test result is valid for 60-days.

- Walk-in, **no appointment needed** for the **MSSA/MRSA nasal swab**.
- **Monday-Friday 8am-11am ONLY**, no holidays.

Parking at **Iris Parking (closest)**

For those entering from Iris Park at Pavilion East entrance, proceed down the hallway and turn right once you reach Einstein Bagels. The center will be the next office on your left.

Parking at **Lily Park (near ER/ED)**

Upon entering GBMC Lobby E walk straight down the hall until you reach the main concierge desk, turn left down the first hallway. You will pass the Chapel and Spiritual Services, proceeding to the center prior to arriving at Einstein Bagels.
Reasons for Joint Replacement Surgery

- Improve quality of living
- Tired of living in pain
- Not being able to do things you like to do

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Preoperative Testing & Plan of Care for Discharge

- MSSA/MRSA nasal swab to be completed 7 business days to 60 days prior to your surgery date:

- GBMC Diagnostic Testing Center: **Monday-Friday 8am-11am ONLY, no holidays**
- Kaiser Permanente patients are to have their pre-op MRSA collected at the Kaiser PEEC Center

- Designating family/friends support person(s), and preparing your home environment

- Your primary care physician office:
  - EKG, blood work, urinalysis, x-rays, etc
  - Results will need to be available no later than 3-days before surgery

- Need surgical clearance from
  - Primary Care Physician
  - Specialists, if applicable (Cardiologist, Pulmonologist)

Results and Surgical Clearance statements from your doctor(s) will need to be available to GBMC **no later than 3-days** before surgery.
How to Prevent Infection and Complications

- Control your blood sugar before, during and after your surgery
- Exercising and healthy weight loss
- **You must STOP** smoking (including cigars, e-cigarettes and vaping) 2 weeks before surgery and at least 2 weeks after surgery
- Good nutrition with adequate calories and protein

- Making sure skin is dry in between skin folds
- Dental exam in the last six months
- Keep pets are away from the incision site after surgery
- Applying fresh linens to bed before surgery

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Pre-Op Skin Preparation Form

- Check off each yellow circle after your CHG shower
- Bring this form with you the morning of surgery.

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GBMC
Pre-Op Infection Prevention

- Pre-Surgical Scrub: 4% CHG Solution
- Use all 4 bottles of CHG
- Start 3 days prior to surgery - every night before bed
- Last application is on the morning of surgery
- Avoid contact with your eyes, ears, mouth, and genitals
- Do NOT shave or use hair removal lotions, creams, or oils on your body
Do you have an orange fruit oil allergy?
Help at Home

Enlist a family member or friend for help

- Bathing/dressing (using adaptive equipment if needed)
- Transportation to appointments
- Food, shopping, preparing meals
- Cleaning laundry
- Caring for pets, children, grandchildren

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Home Set-up

Before coming to the hospital

- Prepare meals ahead of time or arrange to have family/friends there to help

- Make frequently used items in the kitchen accessible for use

- Clear home of clutter
  - Remove rugs out of bathroom and kitchen

- Make sure all equipment that you may already have been easily accessible, clean and in safe working order
  - Borrow from friends or family or community loan closets
Current Medications

Can continue until day of surgery

- It is OK to take:
  - Tylenol (acetaminophen)
  - Oxycodone, Tramadol, Dilaudid, Neurontin, Flexeril and Skelaxin
  - Celebrex is the only NSAID that is OK
  - Beta blocker and/or Calcium Chanel blocker
  - Non-MAIO Anti-depressants, Anti-anxiety medications, Psychiatric medications
  - Anti-Seizure medications
  - Parkinson's medications
  - Asthma Inhalers/medications
  - Thyroid medications
  - Steroids: oral or inhaled
  - Cholesterol Medication-Statins: Zocor, Lipitor, Pravastatin
  - Birth Control Pills
  - Eye Drops

- Get specific instructions from your provider for medications listed below:
  - Eliquis, Coumadin, Pradaxa, Plavix, Xarelto, Ticlid, Lovenox injections, Aspirin, or other blood thinners
Current Medications

10 Days before surgery

- **Stop** taking **aspirin** or **salicylates**, including **Excedrin**, **Alka-Seltzer**, **Pepto-Bismol**, unless otherwise directed by your provider
  - It is important to stop as they cause excessive bleeding during your surgery and recovery period.

- **Stop** all Herbal Products/Alternative Medications:
  - Examples: **Vitamin E**, **glucosamine**, **fish oils**, ginkgo biloba, ginseng, dong quai, garlic, turmeric, CoQ10, kava, ma huang, St. John’s wort and non-vitamin supplements
Current Medications

7 Days before surgery

- **Stop** NSAIDs products
  - Examples: Aleve, Ibuprofen (Motrin, Advil), Naproxen, Nabumetone, Ketolorac, Mobic, Robaxin, Meloxicam, Diclofenac

- **Stop** all diet and weight loss medications

- **Stop** CBD Oil (cannabidiol) taken internally
Current Medications

36 Hours before surgery
- **Stop** Viagra, Levitra & Cialis
- **Stop** topical medications

48 Hours before surgery
- **Stop** Monamine Oxidase Inhibitors (MAIOs)
  - Examples: Nardil (Phenelzine), Emsam (Selegline), Marplan (Isocarboxazid), Parnate (Tranylcypromine)
Current Medications

24 Hours before surgery

- **Stop** oral hypoglycemic containing **Metformin**
  - Examples: Glucophage, Riomet, Glumetza, Glucophage XR, Fortamet, Avandamet, Actoplus, Glucovance, Actoplus, Glyburide, Glipizide, Invokamet, Jentadueto, Janumet, Kombiglyze XR, Metaglip, PrandiMet, Xigduo, Kazano, Synjardy, Segluromet

- All other **oral hypoglycemic agents** should be held the morning of surgery

- Wearable continuous blood glucose monitoring systems: please notify your surgeon and/or anesthesiologist as soon as possible. GBMC nursing staff will monitor your blood glucose per hospital policy.

- If you have a wearable insulin pump system, please notify your surgeon and/or anesthesiologist as soon as possible.

- If you are Diabetic notify your endocrinologist of your upcoming surgery
  - **Insulin:** your Endocrinologist will advise you on how many units they want you to take and when to take give your last dose before surgery.
The Night Before Surgery

- **NO** heavy meals past 8 pm
  - You can snack up until midnight

- **NO** eating past midnight
  - Including any mints, hard candies, and gum

- Patients who have the following must **STOP** liquids 6 hours before surgery:
  - Diabetes (Type I or Type II)
  - Gastroesophageal Reflux Disease (GERD)
  - BMI >39 (clinical obese)
  - Gastroparesis (slow moving gut)

- If you DO NOT have diabetes, or severe acid reflux, or are considered clinically obese (BMI >39), and/or have gastroparesis... then you are safe **CAN** drink clear liquids (a max total of 16 ounces) up to **2 hours** before your surgery time.
Current Medications: Morning of Surgery

Blood pressure/cardiac medication

- **Take your** Beta blocker and/or Calcium Chanel blocker heart medication and talk to your primary care or cardiologist to discuss which medications you should take the with a sip of water the morning of your surgery.
- Discuss with your primary care or cardiologist if they want you to take your diuretics the morning of your surgery.
- Examples: HCTZ, Lasix

Heartburn or ulcer medicine

- Acid blockers should be taken on the morning of the surgery to reduce the risk of aspiration pneumonia.
- Examples: Zantac, Pepcid, Axd, Prilosec, Pantoprazole, Reglan
- Antacids should NOT be taken as they contain particulate material that may damage the lungs if aspirated.
- Examples: Maalox, Tums, Carafate
What to Bring to the Hospital

- Your ID card
- Insurance card
- Advance directive (a copy if you have one)
- Preop CHG wash form
- Your cane (if you have one)
- Bring in glasses, contact lenses, and hearing aids
- Regular clothing
  - Loose fitting clothes that are easy to put on: a tank top, a loose-fitting shirt, or one that buttons up in the front, elastic waist pants or shorts, under garments
  - Shoes you can easily slip onto your feet
- Any braces, shoe inserts or splints that you normally use
- CPAP machine** (Patients with sleep apnea, overnight stay)
To every patient, every time, we will provide the care that we would want for our own loved ones.
Arriving to the Hospital

- Arrive at the hospital at least **2 hours** before your surgery time
- Park in Lily Garage. Enter Lobby E on the 3rd floor of main hospital. Take Elevator E to 4th floor, check in at admission desk
Day of Surgery Patient Drop-Off

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The Pre-operative Area

In Pre-Op

- You will be given a hospital gown to change into
- You will be given in this pre-op area:
  - CHG wipes to clean your skin a 5th time
  - Nozin Nasal Sanitizer to begin application
- Meet your surgical team: surgeon, nurse, anesthesiologist, tech
- Admission database will be completed
- Vital signs, IV will be started; IV fluids and antibiotic(s)
Do you have an orange fruit oil allergy?

**This product will be given to you the morning of surgery in GBMC’s Pre-op Area.**

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After Surgery

Recovery Room (PACU)
- You will wake up and probably feel sleepy
- Your vital signs will be assessed every 15 minutes
- Cardiac and oxygen monitors will be in place
- Pain should be well managed with the nerve block and cocktail, but additional pain relievers are available as needed

Admission to Unit 58
- Once your vital signs are stable and pain is managed
- Private room
- Meet your RN (Registered Nurse) and NST (Nurse Support Tech)
- Communication Board updated
- Welcome Folder, and an I-pad (tablet)
- Nozin 12 mL bottle kit, a dose will be given when you arrive to U58
Post-op Infection Prevention

- First dose: after surgery upon arrival to U58
- Next dose: at 9 pm, then every 12 hours
- Continue every 12 hours until your 1st post-op visit or until the bottle is empty (30 days)

Do you have an orange fruit oil allergy?

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Fall Risk

- Red non-skid socks will be placed on you, signaling that you are at a high risk for experiencing a fall.
- Do **NOT** get up without the help of staff assisting you.
- Use your call bell.
Sequential Compression Device

- Used on your lower extremities to help circulation
- Help prevent blood clots
Pain Management

- Pain scale 0-10
  - “0” means no pain
  - “10” means the worst pain that you have ever had
- Remember: You should not expect your pain level to be “0” after surgery
- Pain medications are available as needed (prn)

- Call your nurse when you are experiencing pain above your goal

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Ice Wraps after Surgery

- Placed on your operative joint after surgery
- Decreases pain levels and swelling
Rehabilitation: PT versus OT

Physical Therapy: helps you with functional mobility
- Walking
- Getting in/out of bed
- Transfers into/out of a chair
- Going up/down steps
- Doing your exercise program

Occupational Therapy: helps you with functional activities of daily living (ADL)
- Getting dressed and bathed
- Getting in/out of tub/shower
- Using the toilet
- Car transfers
- How to use adaptive equipment if needed
- Getting items out of refrigerator/cabinets
- Show you how to take your sling on and off
Physical and Occupation Therapy: Their Assessment and Education

- **Social information:** Do you live alone or have help?

- **Environment during recovery:**
  - Do you live on one level or more?
  - Number of steps inside/outside home?
  - Are there railings?
  - Bathtub or shower equipment?
  - Take pictures of your bathroom, kitchen, living room, etc.

- **Prior level of function:** How were you doing before you came into the hospital?
Immobilizer Sling

- After surgery, you will be placed in an immobilizer sling to limit the movement of your shoulder.
- You will wear the sling at all times except when showering or doing approved exercises shown to you by the therapy team.
Medical Equipment Needs

Your OT will **assess, evaluate, and determine** what assistive devices may be needed at home.

- Cane
- Reacher
- Long handled shoehorn
- Long handled sponge
- Elastic shoelaces
- Sock aid

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Care Management

The Care Manager on Unit 58 will visit you the day after your surgery to continue working on your discharge planning needs

- Home with Out-Patient Therapy
- Home with Home Physical Therapy
- Skilled Nursing Facility (SNF)
- Equipment for home
- Offering resources
Preventing COVID-19 After Surgery

While in the hospital

- Wear your mask whenever leaving your hospital room for therapy or any diagnostic tests
- Wash your hands often

When you get home

- Wash hands often,
- Cover your cough and sneeze
- Wear a mask in public areas
- Minimize going out into public areas
- Avoid traveling
- Avoid sick people

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Discharge Day

Pain Medication at Discharge

- Could be prescribed a 7-day supply of medications
  - Dependent upon your insurance
  - Verify with your pharmacy at time of pick up

- Per the Maryland Department of Health & Mental Hygiene guidelines, you will be prescribed an opioid antidote called Naloxone (Narcan) in the event of an overdose

- Call the office three days in advance of the need to have medications renewed

- No prescriptions will be addressed on weekends or after hours

- Pain medications and/or muscle relaxers will only be prescribed for up to 3 months following your surgery
  - After that period of time: if needed, you will be referred to a pain management specialist

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Discharge Day

- GBMC Same-Day Outpatient surgery, patients will be discharged the day of surgery from GBMC’s PACU recovery area.

- In-patient surgery are discharged the day after their surgery.
  - Most patients are discharged after 12 pm, when your:
    - PT and OT have both cleared you for discharge
    - A Case Manager has visited you
      - A cane (if needed) is delivered to your room
    - You are given your prescription for medications, if you were not already given them by your surgeon's office before surgery, (can be electronically sent to your pharmacy)
    - Nurse has given you your discharge paperwork
    - Your support person has arrived to the hospital

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Discharge Day Checklist Guide - Shoulder

- I have reviewed my discharge instructions with the nurse
- I know who is my support person/help at home
- Post-op Physical Therapy Agency (if needed): ________________
  - Phone # ________________
  - If I haven’t heard from the Physical Therapy Agency 3-days after discharge or have any issues with scheduling, I will call my surgeon’s office as soon as possible
- Do I have my prescription(s)?
  - Medication(s) MUST be picked up the day of discharge
  - GBMC Walgreens can deliver your medications to your room, accepts cash or credit cards
- Do I know the reason for and side effects of my prescriptions?
- I have my...
  - Cana (if needed)
  - Sling
  - Ice packs with the wrap
  - Dressing material (gauze and tape)
  - Nozin Nasal Sanitizer 12-ml bottle and starter cotton swabs
  - Belongings that I brought into the hospital
- I will call my surgeon’s office with any signs of infection such as fever, redness, swelling, tenderness, or pus-like drainage
- I will call my surgeon’s office with any new loss or decrease in sensation in the hands or fingers of the operative arm
- Please contact your surgeon’s office with any questions at (_______________)
Thank you for choosing GBMC for your Shoulder Replacement!

Joint and Spine Center
6701 N Charles St
Towson, MD 21204
Phone: 443-849-6261
Email: jointspinecenter@gbmc.org
Website: www.gbmc.org/JointandSpine

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