

Patient Guide

Shoulder Replacement



ORTHOPAEDIC INSTITUTE

Our Mission | To serve through healing, education and discovery

Be Mindful of Your Planned Surgery Location

If you have any questions or concerns before your surgery, please contact:

- If your surgery is scheduled at the University Orthopaedic Surgery Center, please call the Pre-Op Nurse: 865-558-4400
- If your surgery is scheduled at The University of Tennessee Medical Center, please call the Patient Navigator: 865-305-8848

To ensure timely assistance, please be mindful of your surgery location and contact the appropriate number.

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Welcome

Thank you for choosing us to take care of you during your Joint Replacement Journey. Preparing for surgery can be overwhelming. Everyone is different. Your care team will create a recovery program just for you.

We are now offering different locations to have your surgery.

- Main Operating Room at UT Medical Center
- Our new orthopaedic surgery center, University Orthopaedic Surgery Center, in the Orthopaedic Institute located at UT Research Park at Cherokee Farm.

Your care team will determine which location is best for you to have your surgery.

This booklet is based on research that helps you recover better and faster after surgery. So, if you had surgery before, some information may be new or different.

We want you, your family, and friends to understand what to expect so everyone can help you have a safe recovery.

This booklet will help you:

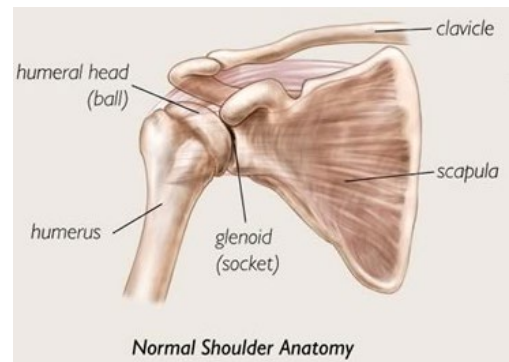
- Get ready for surgery.
- Find out what to expect.
- Plan for recovery at home.

Near the end of the booklet there are checklists to help you and your family keep up with important steps.

You may call our office at 865-305-8848 for procedures at UT Medical Center or 865-558-4400 for procedures at University Orthopaedic Surgery Center (UOSC) if you have questions prior to arrival.

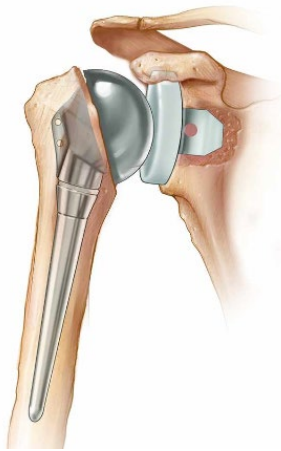
Your Shoulder Joint

The shoulder is a large ball and socket joint. It is made up of bones, tendons, muscles, and ligaments, which hold the shoulder in place but also allow movement. Bones of the shoulder joint include: the clavicle (collar bone), scapula (shoulder blade), and humerus (arm bone).



The primary indication for a Total Shoulder Replacement is pain which will not respond to non-operative treatment. The primary goal of Total Shoulder Replacement surgery is to alleviate pain with secondary goals of improving motion, strength, and function.

Total shoulder arthroplasty



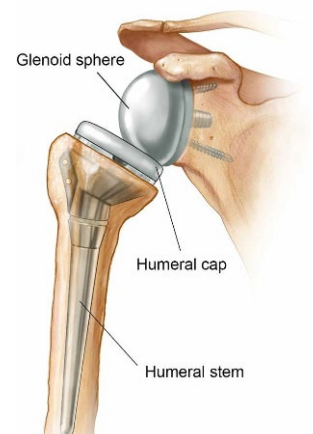
Total Shoulder Replacement

In a total shoulder replacement, a metal ball is used to replace the humeral head while a polyethylene cup becomes the replacement of the glenoid socket.

Reverse Total Shoulder Replacement

The reverse total shoulder prosthesis is designed with a socket where the ball (head of the humerus) is normally located and a ball where the socket (glenoid) is usually located. This configuration adds stability so that the deltoid muscle can power the shoulder.

Reverse shoulder arthroplasty



Appointments

There are appointments before and after surgery that are necessary for a safe surgery and healthy recovery. Below are common appointments. Be sure to reference your appointments given to you when you registered for surgery.

Pre-Anesthesia Testing (PAT) – UT Medical Center

First, you will need to check in at the main Patient Registration (see map on page 28). After getting your patient arm band, you will go to Pre-Anesthesia Testing located in building A, Suite 140.

Pre-Anesthesia Testing (PAT) is a medical evaluation process provided by UT Medical Center to assess patients before they undergo anesthesia for surgery. If you cannot attend this testing, please call 865-558-4400.

Please arrive 15 minutes before your appointment. You may eat and drink fluids prior to having testing done.

Pre-Anesthesia Testing (PAT) – University Orthopaedic Surgery Center (UOSC)

If you are having surgery at University Orthopaedic Surgery Center, you will have your PAT appointment at the surgery center prior to surgery.

Prehabilitation Physical Therapy

Your Prehabilitation Physical Therapy appointment is your time to meet with a physical therapist who can help you plan for recovery after your surgery. If you cannot make this appointment, please call 865-558-4400.

Total Shoulder Replacement Class Video

This video will cover important information to help you prepare for your surgery. If you have issues viewing the class video or have general questions, please call 865-305-8848.

Surgeon Post-Op Appointment:

You will have a follow up appointment with your surgeon about 2 weeks after your surgery. This appointment will be set up for you when you schedule your surgery. If you need to reschedule this appointment, please call 865-558-4400.

Outpatient Physical Therapy:

You will require outpatient physical therapy after surgery. If this is not set up for you, you will need to call the office at 865-558-4400.

Getting Ready for Surgery

The following section will help you and your caregiver plan and prepare for your upcoming surgery.

Pre-Anesthesia Testing

Bring the following items with you:

- Your insurance cards
- A printed or written list of any prescription and non-prescription medications
- A list of any over-the-counter medications you take regularly (like aspirin, Tylenol®, and allergy medication like Benadryl®, eye drops, etc.)
- Name and phone number of your primary care doctor
- Any other important medical information, like allergies to medications, foods, or any kind of metal (like nickel), or any implanted devices

Get instructions from the prescribing doctor if you take a blood thinner like warfarin (Coumadin®), clopidogrel (Plavix®), apixaban (Eliquis), rivaroxaban (Xarelto) or aspirin, find out if you should stop taking it in the days or weeks before surgery. These medications can cause bleeding during surgery.



If you have problems writing or typing your medication list, you can use a smartphone to take a picture of any medications you take.

You can also ask your pharmacist to print out a list of your prescription medications.

Over the Counter (OTC), Prescription Medications and Herbal Supplements to Hold 7 Days Prior to Surgery

Over the Counter Medications (OTC)

- NSAIDS (Nonsteroidal Anti-Inflammatories): Aleve (Naproxen), Aspirin 81mg, Motrin/Advil (Ibuprofen)

Prescription Medications

- GLP-1 Receptor Medications: (Diabetes and Weight Loss) Ozempic, Wegovy, Mounjaro or Bydureon BCise
- NSAIDs (Nonsteroidal Anti-inflammatories): Mobic (Meloxicam), Celebrex (Celecoxib), Indomethacin (Indocin), Relafen (Nabumetone), Vioxx (Rofecoxib)

Herbal Supplements

- Cinnamon **Bleeding
- Fish Oil (Omega-3 Fatty acids) **Bleeding
- Garlic **Bleeding and cause low blood pressure
- St John's Wort **Drug and anesthetic interactions

Blood Thinners

- Please get permission from your prescribing doctor to hold before surgery
Coumadin (Warfarin), Plavix (Clopidogrel), Eliquis (Apixaban), Effient (Prasugrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Brilinta (Ticagrelor), Aspirin 325mg prescribed by doctor.

Dental Checkup

Make sure your mouth is healthy. Significant dental conditions need to be resolved before surgery. Infections in your mouth can travel to your new joint replacement and create an infection there as well. Please let your surgeon know if you have had any recent infections in your mouth, especially your teeth.

Be sure to see your dentist well before the day of your joint replacement surgery.

You may need an antibiotic:

- Before going to the dentist
- Before procedures that look at your bladder or colon
- Before surgeries that may let bacteria into your bloodstream, such as lower urinary tract or bowel surgeries
- If you have a bacterial infection on your skin

Before joint replacement surgery:

- Patients should avoid all dental work 3 days before their scheduled surgery – this includes cleanings, fillings, and crowns.
- Please discuss any major dental work such as root canals, extractions, and other procedures with your orthopedic surgeon if the need for dental work has been identified. Waiting for some time after your dental procedure to have your joint replacement surgery may be appropriate.

Losing Weight

If you are overweight, losing **any** weight (even a few pounds) will help you recover better.

Stop Smoking

Smoking, vaping (e-cigarettes), or chewing tobacco can cause serious problems with healing after Joint Replacement Surgery.

Your bones need good blood supply to heal well. Nicotine limits blood flow and makes it hard for your body to heal after surgery. Studies show that people who use nicotine in the weeks before surgery are more likely to have problems with their heart, lungs, or surgical wounds during or after surgery. And they need to stay in the hospital longer.

Your doctor may tell you to stop using any kind of tobacco or nicotine at least 4 to 6 weeks before surgery. Others should NOT smoke around you in the weeks before surgery.



For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).

Drug and Alcohol Use

Before surgery, it is important to be honest with your health care providers about your drug and alcohol use. Tell your health care provider how many drinks you have per day (or per week). This information helps determine if you are at risk for alcohol withdrawal or other alcohol-related problems that could occur after surgery and affect your recovery. We are here to help you prepare and recover from your surgery as quickly and safely as possible.

Chronic Pain Management

If you are receiving treatment for chronic pain, it is important to speak with your surgeon prior to surgery to plan effective pain control strategies for after surgery.

Who Speaks for You?

Your doctor and family need to know who speaks for you if a decision needs to be made about your care during or after surgery and you are unable to speak for yourself.

The person who speaks for you needs to know what treatments (like CPR) you would or would NOT want. It is best to create an advance directive (living will) to document what you would want or not want. It is a good idea for everyone to have a Living Will and to talk with their family about it. You can change your Living Will at any time.

If you have an advance directive (Living Will), bring a copy to the hospital with you on the day of surgery.

If you don't have one, we can help you make one.

TIP

Find the advance directive forms of your state on the internet here:

<https://www.utmedicalcenter.org/plan-your-visit>

Or scan this code:



Pick Your Coach

Choose one friend or family member who can be part of your care team to help make decisions and manage your care before, during, and after surgery.

If you take care of anyone (like children, an older parent, or pets), you will need help caring for them. If you don't have people nearby who can help you in the first week at home, talk with your nurse navigator. **It's a good idea to have someone stay with you for the first 3 days after surgery.**

Set Up Your Home

Before your surgery, set up your home to make it safe for your recovery after surgery.

Move Items and Pick a Space

Store frequently used items such as cleaning supplies, and canned foods, in easy-to-reach cabinets. Avoid very high or very low shelves as these may require you to reach or pull. Remember to do this in the kitchen and the bathroom!

Pick a safe area in your home that you will be recovering after surgery. Have items that you may need close by.



Eating Healthy

It may be hard to shop after surgery so buy food ahead of time that's easy to make.

Protein can help your body heal. A good idea to eat foods high in protein like eggs, chicken, nuts, beans, and dark leafy greens.



Other Helpful Tips:

TIP

- Put a nightlight in the bathroom and hallways so you don't fall.
- Move any throw rugs so you don't trip on them.
- Purchase a laxative or stool softeners to use after surgery. This will help prevent constipation.
- Use ice packs to your operated shoulder.
- Have a phone within easy reach with emergency numbers handy.

1 Week Before Surgery

Please call the following numbers if you have not:

- Viewed the Total Shoulder Replacement Class video
- Had an appointment with Pre-Anesthesia Testing
- Received the Benzoyl Peroxide Cream

Surgery at UT Medical Center: Please call your Orthopaedic Nurse Navigator at **865-305-8848**

Surgery at University Orthopaedic Surgery Center (UOSC): Pre-Admission Nurses at **865-558-4400**

If you are feeling sick, have a toothache, or have any health issues that have changed since your PAT appointment, call your surgeon's office at 865-558-4400.

If you need to cancel your surgery for ANY reason, please call your surgeon's office 865-558-4400.

Stop any medications that you were told to stop taking before surgery.

Arrange transportation. You will need someone to drive you to the hospital and pick you up the day you go home. You will need someone to drive you to your post-op appointments and Physical Therapy until your surgeon clears you to drive.

Two Days Before Surgery:

Two days before your surgery, you will need to take a shower using the CHG soap.

The CHG soap helps get rid of bacteria on your skin. Please follow these steps:

- Get in the shower and wash your hair with your regular shampoo.
Rinse the shampoo out of your hair.
- Once your whole body is wet, turn the water off. Clean your body with the CHG soap.
- **Do not** get the CHG soap in your eyes, ears, mouth, nose, or genital area.
- Turn the water back on and rinse the soap off.

- Use a *clean towel* to gently pat your skin dry.
- Put on *fresh, clean clothes* and put *clean sheets* on your bed.
- **Do not** shave your legs or any of the hair by your groin (bikini area). Shaving can cause infections because it creates tiny cuts in the skin. If any hair needs to be removed on or near your hip or knee, your surgeon will remove it with an electric hair clipper on the day of surgery.
- **Do not** use your regular soap after applying and rinsing Hibiclens CHG soap.
- **Do not** apply any lotions, deodorant, powders, or perfumes to the body area that has been cleaned with Hibiclens CHG soap.



Do not use:

- If you are allergic to chlorhexidine gluconate or any other ingredient in this preparation.
- On head, face, eyes, ears, mouth or genital area.

How to Use the Benzoyl Peroxide Cream

- You will be given your cream from your surgeon's office.
- You will begin using the cream two days before surgery twice a day. You will also need to use the cream the morning of surgery.
- Apply half dollar size amount of Benzoyl Peroxide Cream to the entire operative shoulder and armpit area after bathing.

Seek immediate medical attention if you develop wheezing or difficulty breathing, swelling of the face, hives, or severe rash after using this cream.

If you have ever had an allergic reaction to benzoyl peroxide DO NOT USE this cream. Instead use antibacterial soap.

NOTE: You may have some skin irritation or develop a mild rash after using the product (especially in the armpit). This can be a normal reaction. Please continue to use the cream. If you have questions or concerns call your surgeon's office.

The Day Before Surgery

- Use the Benzoyl Peroxide Cream once in the morning and once in the afternoon.
- Put clean sheets on your bed.
- Remove any fingernail or toenail polish.
- Pack your bags. Considering bringing clothing such as:
 - Pullover or button up shirts
 - Elastic waist pants
 - Camisoles that have built-in bra

The Night Before Surgery

- Remove any fingernail or toenail polish.
- **Do not eat or drink anything after midnight.** This includes anything that increases saliva production such as smoking, chewing tobacco, eating mints, candy, gum, etc. This is for your safety during surgery.
- Shower with the CHG Soap.



The Day of Surgery

- Shower and use the Benzoyl Peroxide Cream before coming to surgery.
- Shower with the CHG Soap.
- Only small sips of water if you have morning medications that you need to take.

TIP

**Do not eat or drink anything the day of surgery.
If you do, your surgery will be canceled.**

Medications

Remember to find out what medications you should and should **not** take the morning of surgery.

If your surgical team tells you to take any pills, take them with a small sip of water.

Leave your medications at home. We will give you any medications you need while you are here with us.

Your Belongings

You will most likely be leaving the day of surgery, therefore you should not need to bring much with you. Leave your valuables at home or give them to a friend or family member for safekeeping. **Please bring the following with you.**

- ☐ Your health insurance cards
- ☐ A photo ID, like a driver's license
- ☐ A list or photos of your medications, including how much you take and how often you take them
- ☐ A way to pay your deductible or copay
- ☐ A copy of your advance directive (Living Will) if you have one
- ☐ If your plan is to stay overnight in the medical center, bring your CPAP machine with settings if you use one for sleep apnea.

What to Wear	What not to Wear
If you wear glasses or use a hearing aid, be sure to wear them.	Do not wear any jewelry, including wedding rings, earrings, or body piercings.
Wear loose, comfortable clothes, like sweatpants.	Do not bring flip-flops or slippers. It's better to have a shoe with a back that's more secure, so you don't fall.
Bring shoes that have a closed back and closed toe, like sneakers or tennis shoes.	Contact lenses cannot be worn during surgery.

Arrival on Day of Surgery

Surgery at UT Medical Center Main Operating Room

- UT Medical Center offers Valet Parking from 7:30 am - 5:00 pm. Cost \$5.00.
- Park in Garage 1. Arrive at the hospital at the time you were told to arrive.
- Go through the Heart Hospital/Fountain circle main entrance to the Main Registration/Admitting Office on the 1st floor of the hospital in the Heart Hospital Lobby. You will be registered for surgery, go over forms, and receive ID bracelets.
- You will then be directed to the surgery waiting room on 2 North. Your family can go with you to the surgery waiting room area.

Surgery at University Orthopaedic Surgery Center (UOSC)

- Parking in the upper parking lot, designated for patient parking.
- Come through the front doors, straight ahead is the main entrance to the surgery center. Please check in with the front desk receptionist.
- You must have an adult over the age of 18 to remain with you until you are discharged.
Your surgery will be cancelled if your driver does not remain at facility.

- You will be registered for surgery, go over forms, and receive ID bracelets.
- Your family can stay with you in the lobby until you are called back for surgery.

We will do our best to keep things on schedule. Sometimes there are delays and you may have to wait. Bring a book or something to do just in case.

What to Expect for Surgery

Pre-Op (Before Surgery)

- A nurse will come for you in the surgery waiting room and take you back to prepare you for surgery. **Usually, your family member is not allowed back in the pre-op area.** It will be 5-7 hours before you will see your family again.
- In the pre-op area, a small tube (an IV) will be placed in your arm for fluids and medications.
- You will meet your anesthesiologist to begin the anesthesia process.
- Your surgeon and/or mid-level provider will see you before surgery and will mark the location and body part where the surgery will be performed.

Operating Room

- Your surgical nurse will take you from the Pre-Op Area to the Operating Room for your surgery.
- Your surgery will take between 1.5 or 2 hours.
- During surgery, your family will be updated on your status.

The Recovery Room

- Most people are in the recovery room for about 2-3 hours.
- Once you're awake, you may get something to drink.

- The surgeon will meet your family member in the waiting room and talk with them after your surgery.

Going Home

The goal is for you to return home on the same day of surgery.

Surgery at UT Medical Center

- After the recovery room, you will go to Phase 3 Recovery.
- When you are ready to be discharged home, your nurse will go over discharge instructions with you and your coach that came with you to surgery.
- Your new prescriptions will be sent to the medical center's outpatient pharmacy on the main floor of the hospital to for pick-up before leaving.
- Most patients stay in Phase 3 Recovery for a few hours and then discharge home.

Surgery at University Orthopaedic Surgery Center (UOSC)

- If your surgery is at UOSC, after you recover in the Recovery Room, your coach can join you.
- The nurse will go over discharge instructions and give information about your prescriptions to your coach.

Preventing Falls

Your safety is our highest priority. One of the biggest safety risks of joint replacement is falling.



Do not get up alone. Always ask for help.

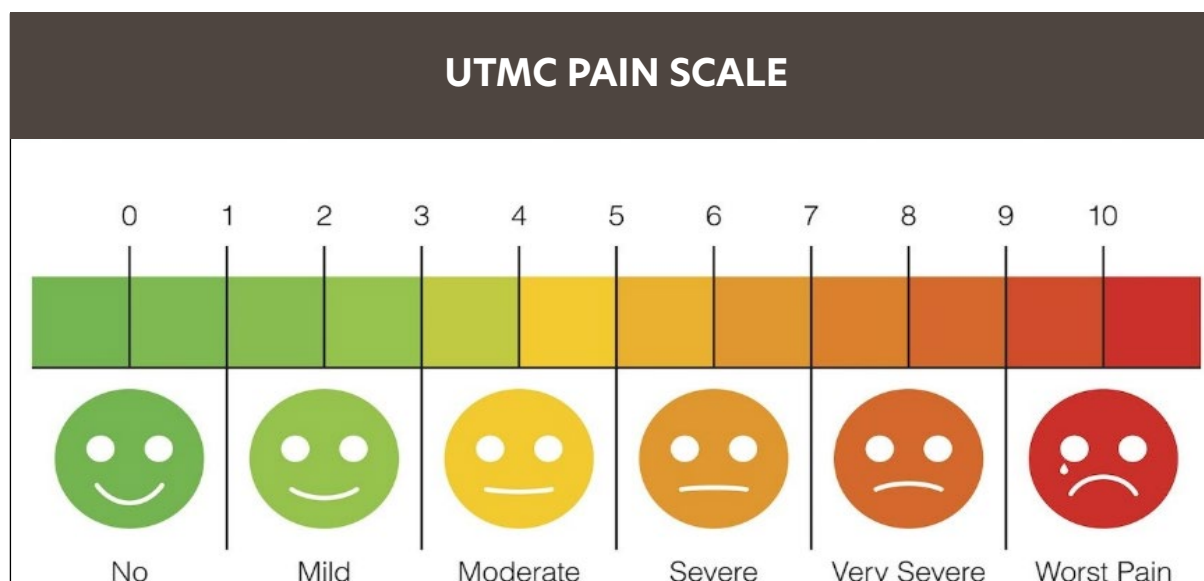
Always use your call light whenever you need to move, get out of bed, or go to the bathroom.

“Call. Don’t Fall!”

Pain Relief After Surgery

All patients will have some pain after surgery. Our goal is to help manage your pain.

Pain is an expected part of recovery. Pain levels vary per person. We will give you cold packs or wraps to manage your pain and reduce swelling. Oral pain medication will be prescribed for you and available at discharge. While you are with us, we will ask you to rate your level of pain.



To help manage your pain:

- You may get opioid pain medications as needed.
- You may get medication like acetaminophen (Tylenol).
- You may get cold packs.

Opioid Pain Medication

Opioids [OH-pee-oids] are strong pain medications. You may have heard of drugs like morphine, oxycodone (Oxycontin®), Vicodin®, Norco®, and Dilaudid®. This kind of medication is used only if you need it because:

- It can make people feel sick to their stomach.
- It can slow down your recovery.
- **It can be addictive.**
- It can make it difficult or painful to have a bowel movement (constipation).

Problems like constipation can be painful and serious. So, we will give you other pain medications when possible.

Let us know if anyone in your family has an addiction. This way we can make sure we put together the best plan for you.

If you start to run low on any of your medications, call your surgeon's office a few days before you will run out. Your surgeon requires 48 hours (2 Day) notice for all refills.

If any medications make you feel bad or cause any side effects, please call your surgeon's office at 865-558-4400. If we know, we can help.

Activity after Surgery

- We will help you use the bathroom or a commode.
- To prevent blood clots, we will show you how to keep blood moving in your legs. While you are in bed it is good to move your feet and squeeze the muscles in your legs.

Deep Breathing After Surgery

To prevent lung infections (like pneumonia), we will show you how to take deep breaths every hour and how to use your breathing device (incentive spirometer pictured below).



Discharge

Your surgeon will decide when you are able to go home. After you have been given all the needed instructions, you will be ready for the trip home.

Total Joint Replacement Discharge Class Video

You and your coach will watch the Total Joint Replacement Discharge Class video from the comfort of your room. This information will also be printed out for you to take home.

Information reviewed in the Discharge Class Video:

- Activities after surgery
- Hygiene/incision care
- Preventing infections after surgery
- Medication management
- Constipation management
- Healthy eating
- When to call your surgeon

Transportation (Your Ride Home)

- You will **not be allowed** to go home alone or take a taxi by yourself.
- If you need to go to a rehab center, you may need to wait for an open bed or for insurance to approve it.
- We will help you go home as soon as possible, but sometimes there are delays.

Discharge Instructions

- Information about your surgery and recovery.
- When to call your surgeon.
- Activities after surgery.
- Directions about how and when to take medications.
- Prescriptions for any medications you need at home.
Prescriptions can be filled at the hospital. Ask your nurse.

Follow-Up Appointment

You will have a follow-up appointment about 2 weeks after surgery with your Surgeon or your Surgeon's Advanced Practice Provider. This should be noted on your appointment sheet in the front of this Guidebook.

Recovery at Home

Post-Op Bathing Treatment

Guide to Postoperative Bathing After Total Joint Replacement.

Why is Bathing Important: Bathing with Hibiclens CHG Foam after surgery helps prevent surgical site infections.

- Follow your surgeon's instructions regarding your surgical bandage.
- Clean surgical extremity once a day for 5 days after surgery. Be careful not to disturb your surgical bandage.
- **Do not** use your regular soap after applying and rinsing Hibiclens CHG soap.
- **Do not** apply any lotions, deodorant, powders, or perfumes to the body area that has been cleaned with Hibiclens CHG soap.

Do not use:

- If you are allergic to chlorhexidine gluconate or any other ingredient in this preparation
- On head, face, eyes, ears, mouth or genital area

Sling Use After Surgery

You will be sent home with your arm in a sling. You are to wear the sling until instructed by your surgeon to remove. Please see below to learn how to put the sling on and how to have a family member assist you in putting the sling on.

The Parts of The Sling Include:

- Cushion (or Pillow)
- Wrist strap
- Thumb loop
- Shoulder strap
- Waist strap

Putting the Sling on by Yourself:

Scan the QR code or visit the link below to watch a video demonstration that could assist you and your family with your shoulder sling.



<https://youtu.be/dpzfU0kGJPw>

Instructions for Use of Shoulder Sling

1. Brace is initially configured to fit the right shoulder. To configure to the left shoulder, release both buckles at the forearm cuff. Rotate the sling and shoulder strap 180° and reattach both buckles. **Note:** ensure the front shoulder strap is not twisted before reattaching the buckles.
2. Release the front buckle clasp on the shoulder strap where the strap attaches to the forearm cuff of the sling.
3. Remove the thumb and forearm straps to completely open the sling.
4. Place affected arm in sling so it rests comfortably in the fold of the sling. Ensure elbow is seated as far back in the fold pocket of the sling as possible. The sling should extend to the first joint of the pinky finger.

5. Sling length can be adjusted by removing the forearm cuff and securing in desired position. **Note:** Attach forearm cuff towards elbow pocket to make slings shorter and away from elbow pocket to make longer.
6. Reattached the front buckle of the shoulder strap to the receiving buckle attachment located on the forearm cuff of the sling. Reattached the forearm and thumb straps on the sling. **Note:** If desired, rest thumb strap for additional comfort.
7. Shoulder strap length can be adjusted at both ends of the strap. To adjust the front of the shoulder strap, remove Y-tab, trim strap to desire length and reapply Y-tab. To adjust the back of the shoulder strap, simply release hook strap and reattach at desire your length. **Note:** Shoulder pad should be positioned evenly over non-affected shoulder for comfort.
8. Align the foam blog at the waistline. Attach arm sling to the foam block by securing hook and loop portions together.
9. Detached the buckle at the end of the foam block. Place waist strap around waist and fasten buckle. To adjust strap length, pull the waist strap for a secure fit. Attach Y-tab hook end back onto strap. **Note:** If strap is too long, remove Y-tab and trim strap to desire length. The position of the foam block may be adjusted by sliding the block forward or backwards along the waistline to achieve the desired external or internal rotation. If foam block can be pushed downward with pressure, the waist strap should be tightened. Stress ball included to promote proper circulation and encourage exercises.

Care Instructions: Hand wash arm sling and foam block cover in lukewarm water and air dry.

Taking Care of Your Surgical Bandage

- You will have a surgical bandage covering the incision.
- The bandage should absorb the blood and fluid draining from the surgical wound.
- Follow your surgeon's instructions on taking care of the bandage and when you can take a shower.
- **Do not** soak in the bathtub, swim, or sit in a hot tub until your surgeon says it is okay.

If you have any surgical staples, these will be removed in a couple of weeks when you see your surgeon for your follow-up visit.

When to Call for Help



Bandage or Incision Issues

- If your bandage is soaked with blood.
- If any blood or fluid starts to leak from your bandage.
- If the skin around your wound has become red and the red area is getting larger.
- If any fluid coming from your bandage smells bad.
- If your bandage becomes wet/moist on the inside.

Call Right Away

If you have a fever of 102 degrees Fahrenheit or higher for more than 24 hours or after treating with Tylenol with no lowering of fever.

- If your wound is red and more painful.
- If fluid or pus is coming from your wound.
- If you feel sick to your stomach or you are throwing up.
- If your pain is worse and the pain medication does not help.
- If you have pain or swelling in your foot, ankle, thigh, or calf (back of your lower leg).
- If it is painful or hard to urinate (pee).
- If you have chills and you are shivering.
- If you have pain in your belly (may be constipation).
- Call early if you think something is wrong. Do not wait.

Call 911 or go to the Emergency Department

If you have chest pain

If you have trouble breathing

Sleeping

Good sleep will help you heal and gives you the energy you need for physical therapy. Sometimes pain and even pain medication can make it hard to sleep well. Below are tips on how to get better sleep while recovering from your joint replacement surgery.

Avoid alcohol

- Even though alcohol can make you feel sleepy, you are more likely to wake up and have trouble sleeping.
- Do not drink alcohol while you are still taking pain medication. It is not safe.

Avoid caffeine, it will keep you awake

- Only drink a little coffee, tea, or soda during the day.
- Do not drink coffee, tea, or soda in the evening or at night.

Use cold packs to help with your pain

- Ask the nursing and physical therapy staff to show you how to use ice or cold packs.

TIP

If you have tried the above and are still unable to sleep, try the following:
Take ½ to 1 Benadryl tablet at night to help you sleep.

Shoulder Replacement Sleeping Positions

It is best to sleep on your back with your upper body supported by pillows. Some patients choose to sleep in a recliner the first few nights.

- Be sure to always **wear your sling while sleeping**.
- Use a pillow for support under your surgical arm and behind it. This will help support your arm while you sleep and help with blood flow and healing.

TIP

For the first 3 months, it is best to sit in chairs with arms, so you can lift yourself out of the chair with your non-surgical arm.



Eat Healthy

Your body will heal better and faster if you eat healthy.

Sometimes people do not feel like eating after surgery. In the days after surgery, some foods may taste different and certain smells may make you feel sick to your stomach. If this happens, eat a lot of small meals throughout the day. Over time, you will be able to eat more.

No Smoking or Vaping

Do not smoke, vape (use e-cigarettes), or chew tobacco for at least 4 weeks after surgery. These products limit blood flow and make it hard for your body to heal well. They also make it hard to sleep well.



For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).

Your Mood

Joint replacement surgery usually gives people more movement and freedom. But keep in mind, your body has been through a lot. And it may take a while before you feel like yourself again. You may feel sad or upset. These feelings usually go away as you heal.

Call friends and family to talk.

If you feel very sad, overwhelmed, or helpless, and these feelings do not go away for many days or weeks, please let us know so we can make sure you recover well.

Driving

Do not drive until your surgeon says it is okay.

- Do not drive while taking pain medication.
- It may take longer before you can drive a stick shift.

Returning to Work

Returning to work is very “individual” and often depends on the type of work you do. Talk with your surgeon at your first follow up appointment.

- If your job involves heavy, physical work, like lifting, talk to your surgeon.
- Ask your employer if there are any rules about when you can return.
- If you need a return-to-work form or disability papers, get them to us as soon as possible or fax them to our office (see phone and fax numbers at the end of this booklet).
- The sooner you bring your forms the sooner the office staff can get them filled out.

Travel and Metal Detectors

When going through security at the airport or at a building with a metal detector, let them know you have a shoulder replacement before you go through it. It is not a problem — and they may just use a wand to scan your shoulder.

Activities

Your doctor will let you know when you are ready to increase your activity. Physical Therapy will give you exercises and more clarity on any restrictions in your movement.

If you feel tired or worn out:

- Take afternoon naps.
- Set small goals and try to do a little more each day.

Ask your surgeon when you can do other low-impact activities (like swimming, biking, or golfing) in the months after surgery.



If you have questions or concerns, ask your surgeon or physical therapist. It is important to feel safe and get your questions answered.

Dental Procedures after Joint Replacement

- Avoid all dental work for 3 months. Contact your surgeon if you urgently need dental work during this 3-month period to discuss antibiotics.
- After 3 months, all dental work is allowed.
- We recommend that before any dental work, preventive antibiotics should be given to all patients who have had a joint replacement for a minimum of 2 years after surgery (regardless of the type of dental procedure or patient health status).

Disability Forms

For questions regarding your Disability, Insurance, or FMLA Form, please contact:

MediCopy Services, Inc.

8 City Blvd. Suite 400

Nashville, TN 37209

866-587-6274 ext: 213 - Toll Free

www.MediCopy.net - online

Joint Replacement Information and Phone Numbers

University Orthopaedic Surgery Center

Call if you have a question about:

- Medical concerns
- Medication refills
- Surgery cancellations
- Billing and insurance
- FMLA

Your doctor's office at	Phone
UT Research Park: Orthopaedic Institute 1600 Accelerator Way, Suite 200	865-558-4400 Fax: 865-546-9047
Parkside Plaza - Turkey Creek	865-558-4400
Regional Health Center - Sevierville	865-558-4400

Pre-Anesthesia Testing (PAT)

Call if you have any questions about your medications before surgery or if you need to re-schedule this visit:

PAT - UT Medical Center	Phone
Pre-Anesthesia Testing (PAT) Scheduling	865-305-9641
Pre-Admission - University Orthopaedic Surgery Center	
Pre-Admission Nurse	865-558-4400

Orthopaedic Institute Office

Call if you have general questions:

Amber Gass, RN	Nurse Navigator	865-305-8848
Keekey McKissick, RN	Orthopaedic Coordinator	865-305-3270
Prescription Refills	Surgeon's Office	865-558-4400

University Joint Replacement Center 7 East

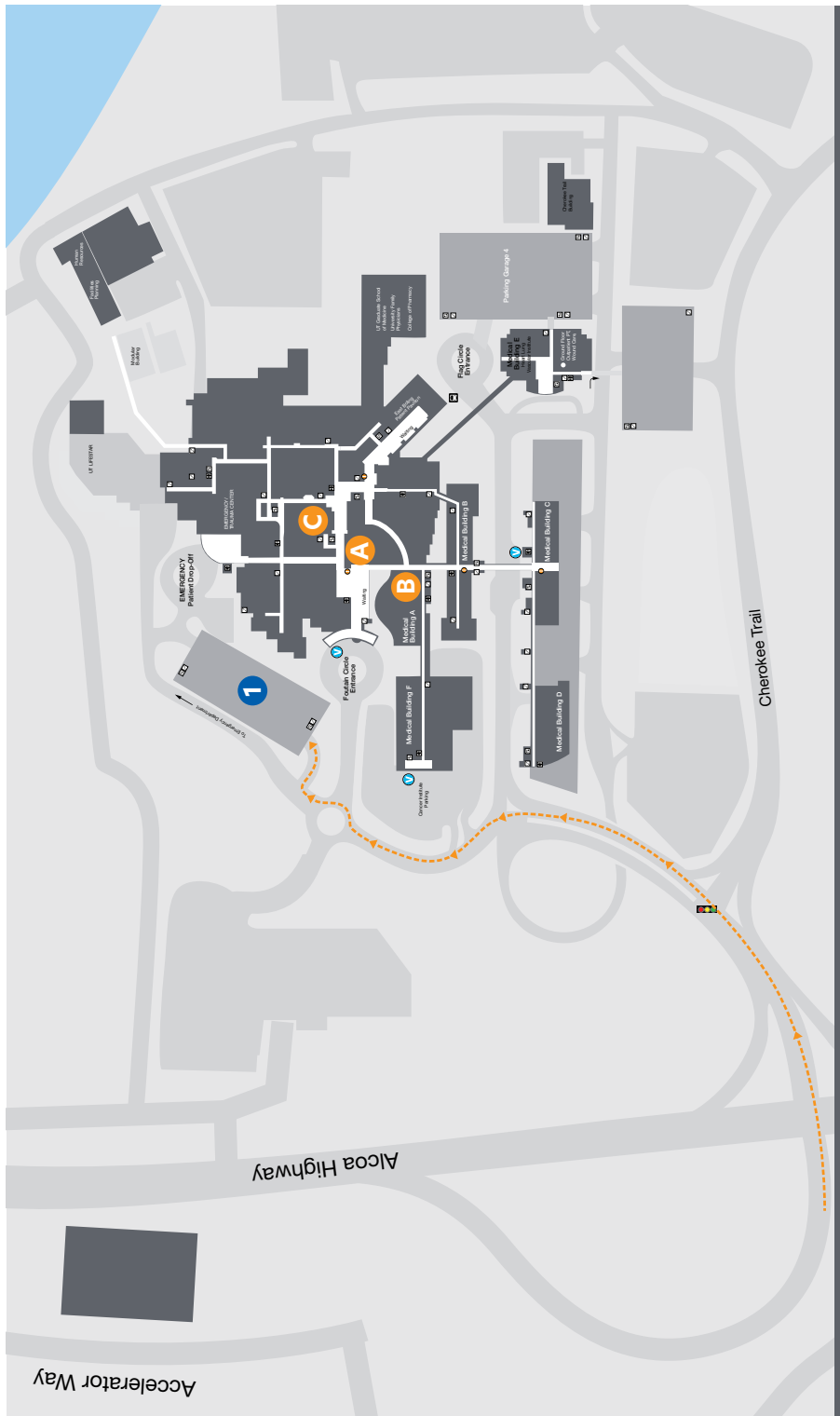
Call if you have questions related to your stay on the Joint Replacement Unit:

	Phone
Inpatient Unit	865-305-9871
Whitney Owen, RN Nurse Manager	865-305-6110

University Orthopaedic Surgery Center

Department	Phone
Main/Front Desk	865-558-4400
Billing Enquiries	865-558-4400
Insurance Enquiries	865-558-4400
Pre-Admission Nurse	865-558-4400
Miranda Smart, RN Clinical Manager	865-558-4400

Site Map



Directions for Your Surgery

Parking Garage 1 (\$3)
Hospital Valet Parking (\$5) is available
at the Fountain Circle entrance.

- 1** Parking Garage 1
- A** Patient Registration
- B** Pre-Anesthesia Testing
- C** Main OR (2nd Floor)



TIP

You may download the “UTMC Way” App to your phone
to help find your way around campus.

Checklists

Tear out these checklists to put on your refrigerator or to share with a family member who is helping you.

One Month Before Surgery

- ☐ Get a copy of your medical records to bring to your appointments.
- ☐ Choose who speaks for you if you cannot speak for yourself.
Talk with them about your wishes. And create an advance directive: <https://www.utmedicalcenter.org/plan-your-visit>
- ☐ Meet with your health care team to review your medical history.
- ☐ Eat healthy. Protein (chicken, eggs, fish) can help your body heal.
- ☐ If you are overweight, losing any weight will take stress off your joint.
- ☐ If you smoke, vape, or chew tobacco, work with your doctor to quit in the weeks before surgery.

A Week Before Surgery

- ☐ Make sure you have the Benzoyl Peroxide Cream.
- ☐ Put things where they are easy to reach (waist or shoulder height).
- ☐ Move furniture and rugs out of the way to prevent falling after surgery.
- ☐ Buy food and other supplies.
- ☐ Put nightlights in the hallways so you do not fall.
- ☐ Find out if you need to stop any medications before surgery.
- ☐ **Do not** shave under your surgical arm.

Two Days Before Surgery

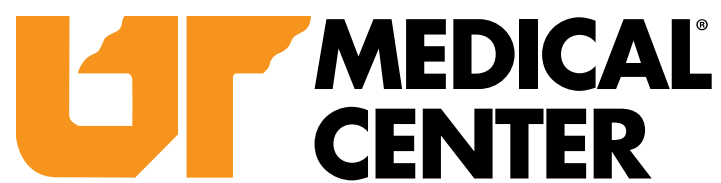
- ☐ Shower with the CHG soap.
- ☐ Use your Benzoyl Peroxide Cream twice a day.

The Day Before Surgery

- ☐ Shower with the CHG soap.
- ☐ Use your Benzoyl Peroxide Cream twice a day.
- ☐ Pack your photo ID, a list of your medications, your health insurance card, and this booklet.
- ☐ Pack a copy of your advance directives (living will) if you have one.
- ☐ **Nothing to eat or drink after Midnight the night before your surgery.**

The Morning of Surgery

- ☐ Shower and use the Benzoyl Peroxide Cream.
- ☐ Bring your CPAP machine (if you use one for sleep apnea).
Remember to write down your CPAP setting and bring it with you.
- ☐ Take any medications with a sip of water.
- ☐ Leave your medications at home.



ORTHOPAEDIC INSTITUTE