

# Palmetto Health shoulder replacement guidebook



## Your guide to total shoulder replacement

Thank you for choosing Palmetto Health's Total Joint Center for your total shoulder replacement.

The purpose of this Guidebook is to educate and guide you through your total shoulder replacement, including what to expect and how to care for your new joint. This guidebook discusses many commonly asked questions and facilitates education and communication between you, your physician, and physical and occupational therapists. The more you know about your new joint and what to expect the better prepared you will be for the new life that will be available to you following your total shoulder replacement. Please note that the purpose of this guidebook is only to provide guidance. Your physician, physician assistant, nurse practitioner and/or therapist may change any of the recommendations to better suit your individual needs.

Your success is very important to us! We strive to make your experience extraordinary. Please let us know if there is anything we can do to improve your experience. We look forward to serving you.

Again, thank you for choosing Palmetto Health.

## Total Joint Program

The Total Joint Program is comprised of a dedicated team of healthcare professionals that provide you with total joint surgical and rehabilitation services. The program works to educate you prior to surgery and facilitate communication between you and your physicians, therapist and nurses. We will assist you to prepare for your return home.

### Features of the Total Joint Program include:

- daily information about expectations and activities
- a guidebook that prepares for recovery following surgery
- a private room if you stay overnight
- a unified staff dedicated to the care of patients with total joint replacements
- the option to have outpatient surgery

## Patient information

**Patient name:** \_\_\_\_\_

**Please bring this book with you:**

- to every office visit
- to your hospital pre-operative class
- to your final pre-operative appointment
- when admitted to the hospital for surgery

**Final Pre-operative appointment:** \_\_\_\_\_

Please bring all medications you are currently taking including prescriptions, over-the-counter medications, vitamins and supplements, all in their original bottles, to this appointment.

**Pre-operative total joint class:** \_\_\_\_\_

**You are scheduled for surgery on:** \_\_\_\_\_

**Arrival time:** \_\_\_\_\_ **Surgery time:** \_\_\_\_\_

**Post-operative/ first follow up appointment with surgeon:** \_\_\_\_\_

## General hospital information - Baptist

### Address

Palmetto Health Baptist  
Taylor at Marion  
Columbia, SC 29202

### Patient Information

803-296-5440

### 9th floor Orthopedics

803-296-5300

### Patient Relations

803-296-5129

### Joint Replacement Program Manager

803-296-6149

### 9th floor Orthopedics Nurse Manager

803-296-6051

### 9th floor Orthopedics Social Worker

803-296-5580

---

### Visiting hours

Your family members are welcome to visit at any time. Please be aware that Palmetto Health is committed to maintaining a secure environment for our patients. A picture ID is required to enter the building after 8:30 p.m.

### Cafeteria Hours

The Palms Café is open 6 a.m.-7 p.m. Breakfast is served 6-10 a.m., lunch 11 a.m.-2:15 p.m., and dinner from 4-7 p.m. The Cafeteria Bistro is open Mon-Thurs, 11 a.m.-5 p.m. To get to the cafeteria take Elevator A to the basement.

### Guest meals

Your visitors can order room service meals just like you will. Guest meals are delivered to your room when your meals are delivered. Vending machines are available throughout the hospitals.

- Baptist guest meal tickets may be bought by visitors in The Palms Café, or online at: [phguest.catertrax.com](http://phguest.catertrax.com).

### Smoking policy

Smoking is strictly prohibited on all Palmetto Health property.

### Internet access

Palmetto Health offers free, wireless Internet access. Patients and visitors can use a Wi-Fi connection to work from their own wireless devices while at any Palmetto Health hospital. Please visit our website [www.palmettohealth.org](http://www.palmettohealth.org) for more information.

## General hospital information - Baptist Parkridge

### Address

Palmetto Health Baptist Parkridge  
400 Palmetto Health Parkway  
Columbia, SC 29212

### Patient Information

803-907-7000

### Laurel Oaks Nurses' Station

803-907-4300

### Patient Relations

803-907-1515

### Joint Replacement Program Manager

803-296-6149

### Laurel Oaks Nurse Manager

803-907-4240

### Laurel Oaks Social Worker

803-907-3382

---

### Visiting hours

Your family members are welcome to visit at any time. Please be aware that Palmetto Health is committed to maintaining a secure environment for our patients. A picture ID is required to enter the building after 8:30 p.m.

### Cafeteria Hours

The Arbor Dining Room, which offers freshly prepared, made-to-order entrees, is open daily from 6:30 a.m.–2 p.m. The Refresh Café, which offers Grab & Go muffins, salads, sandwiches, fruit, healthy snacks, and beverages, is open from 6:30–2 p.m. Both are located on the ground floor.

### Guest meals

Your visitors can order room service meals just like you will. Guest meals are delivered to your room when your meals are delivered. Vending machines are available throughout the hospitals.

- Parkridge guest meal tickets may be bought by visitors through a Patient Care Guide.

### Smoking policy

Smoking is strictly prohibited on all Palmetto Health property.

### Internet access

Palmetto Health offers free, wireless Internet access. Patients and visitors can use a Wi-Fi connection to work from their own wireless devices while at any Palmetto Health hospital. Please visit our website [www.palmettohealth.org](http://www.palmettohealth.org) for more information.



## General hospital information - Richland

### Address

Palmetto Health Richland  
5 Richland Medical Park Drive  
Columbia, SC 29203

### Patient Information

803-434-6111

### Joint Replacement Unit/8 East

803-434-7800

### Patient Relations

803-434-6237

### Joint Replacement Program Manager

803-296-6149

### Joint Replacement Unit/8 East Nurse Manager

803-434-6051

### Joint Replacement Unit/8 East Social Worker

803-434-7870

---

### Visiting hours

Your family members are welcome to visit at any time. Please be aware that Palmetto Health is committed to maintaining a secure environment for our patients. A picture ID is required to enter the building after 8:30 p.m.

### Cafeteria Hours

The cafeteria is located on the ground floor of the main hospital near the main entrance and elevators. Hours of operation are:

Breakfast: 6:30–9:30 a.m.

Lunch: 11 a.m.–3:30 p.m.

Dinner: 4:45–7 p.m.

Late Night: 11:30 p.m.–2 a.m. Full-service except Hot Bar.

### Guest meals

Your visitors can order room service meals just like you will. Guest meals are delivered to your room when your meals are delivered. Vending machines are available throughout the hospitals.

- Richland guest meal tickets may be bought by visitors in Admissions office, or online at: [phguest.catertrax.com](http://phguest.catertrax.com).

### Smoking policy

Smoking is strictly prohibited on all Palmetto Health property.

### Internet access

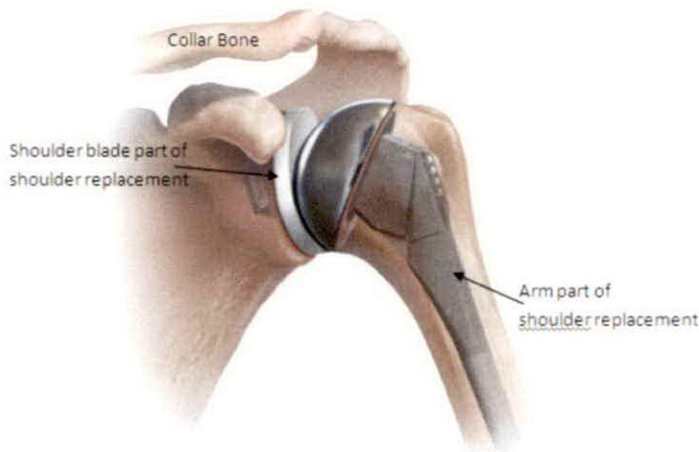
Palmetto Health offers free, wireless Internet access. Patients and visitors can use a Wi-Fi connection to work from their own wireless devices while at any Palmetto Health hospital. Please visit our website [www.palmettohealth.org](http://www.palmettohealth.org) for more information.

## io you are having a shoulder replacement

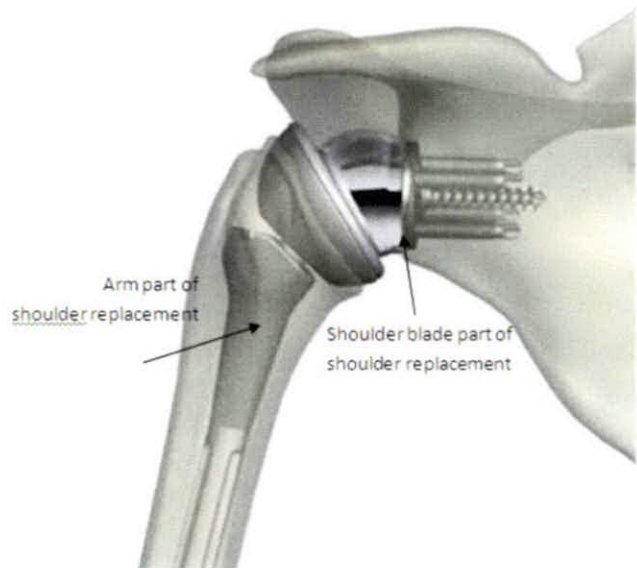
A total shoulder replacement is a surgical procedure to replace a damaged shoulder joint. This usually is done when the smooth soft tissue called cartilage that covers the joint surfaces cracks or wears away, resulting in pain, swelling and a decrease in motion. Damage to the cartilage is caused by normal wear (osteoarthritis), inflammation (gout or rheumatoid arthritis) or an injury (bad fall causing a fracture).

A total shoulder replacement involves removal of the damaged cartilage and bone followed by positioning of new metal and plastic joint surfaces to restore the alignment and function of the shoulder. Recent advances in total shoulder replacement surgery have produced excellent results with significantly less shoulder pain for patients.

The success of your shoulder replacement largely depends on you. Be prepared to work on your recovery process. Surgery is only the first step to achieving a successful outcome. Rehabilitation after surgery, either independently or with a therapist, is just as important. Following your individual rehabilitation plan will make your recovery much less complicated.



Total Shoulder Replacement



Reverse Total Shoulder Replacement

# Patient checklist

## Pre-Operative Checklist

### Contact your insurance company:

Your surgeon's office will contact your insurance company to pre-authorize your surgery. Prior to surgery, if you have private insurance (i.e. Blue Cross Blue Shield, Cigna, Aetna, etc.), it is important for you to contact your insurance company to determine and verify providers that you may use for services such as outpatient physical therapy, that you may need. If Medicare is your primary insurance you do not need to contact them, all home health companies accept Medicare.

### Pre-Register

After your surgery is scheduled, please contact 1-800-848-9696, no more than four weeks prior to your surgery, to pre-register. If you wish, you may pre-register online at [www.palmettohealth.org](http://www.palmettohealth.org).

NOTE: please enable cookies on your computer to allow for on-line forms, etc.

It is important to have the following information available to assist with pre-registration

- Name
- Address
- Phone number
- Date of birth
- Orthopedic surgeon's name
- Date of surgery
- Insurance name
- Insurance policy number

### Health history

Within four weeks of your surgery, please call to speak with a nurse and provide your health history. If you reach the voicemail, please leave your name and a phone number, so a nurse can return your call.

<b>Richland</b> 803-434-4992	<b>Parkridge</b> 803-907-1632	<b>Baptist</b> 803-296-5419
---------------------------------	----------------------------------	--------------------------------



**□ Register for pre-operative class**

We strongly urge you to attend the pre-operative class that Prisma Health provides to help patients and families prepare for surgery and recovery. These classes provide important information about your surgery, post-operative care, rehabilitation and what you can expect during your recovery. The class is a time to ask questions and meet other patients having joint replacement surgery. Class is mandatory for outpatient surgery patients and their coach.

Classes are held on Thursdays from 10 a.m.-12 p.m. (unless noted \*). Evening classes are held at Prisma Health Baptist Hospital and Prisma Health Baptist Parkridge Hospital from 6-8 p.m. Register for class by calling 803-296-2273 (CARE).

Please leave a message, if necessary.

**Class locations:**

**Prisma Health Baptist Hospital**  
1501 Sumter St.  
Columbia, SC 29201  
**Auditorium, ground floor**

**Prisma Health Richland Hospital**  
2 Medical Park Rd.  
Columbia, SC 29203  
**Lower level (LL) classroom**

**Prisma Health Baptist Parkridge Hospital**  
300 Palmetto Health Pkwy.  
Columbia, SC 29212  
**Birch/Cedar classroom**

**Pre-operative joint class dates by campus:**

<b>Richland</b>	<b>Parkridge</b>	<b>Evening - Parkridge</b>	<b>Baptist</b>	<b>Evening - Baptist</b>
Jan. 10, 2019	Jan. 17, 2019	Jan. 17, 2019	Jan. 31, 2019	Jan. 31, 2019
Feb. 14, 2019	Feb. 21, 2019	Feb. 21, 2019	Feb. 28, 2019	Feb. 28, 2019
Mar. 14, 2019	Mar. 21, 2019	Mar. 21, 2019	Mar. 28, 2019	Mar. 28, 2019
Apr. 11, 2019	Apr. 18, 2019	Apr. 18, 2019	Apr. 25, 2019	Apr. 25, 2019
May 9, 2019	May 16, 2019	May 16, 2019	May 30, 2019	May 30, 2019
June 13, 2019	June 20, 2019	June 20, 2019	June 27, 2019	June 27, 2019
July 11, 2019	July 18, 2019	July 18, 2019	July 25, 2019	July 25, 2019
Aug. 8, 2019	Aug. 15, 2019	Aug. 15, 2019	Aug. 29, 2019	Aug. 29, 2019
Sept. 12, 2019	Sept. 19, 2019	Sept. 19, 2019	Sept. 26, 2019	Sept. 26, 2019
Oct. 10, 2019	Oct. 17, 2019	Oct. 17, 2019	Oct. 24, 2019	Oct. 24, 2019
Nov. 7, 2019	Nov. 14, 2019	Nov. 14, 2019	Nov. 21, 2019	Nov. 21, 2019
Dec. 5, 2019	Dec. 12, 2019	Dec. 12, 2019	Dec. 19, 2019	Dec. 19, 2019

## ] Medical and anesthesia clearance

It is very important that you are in the best possible health prior to your surgery. Research shows that people who are well prepared and fully participate in their care have a smoother and faster recovery after joint replacement surgery. Preparing for surgery involves getting yourself in the best possible physical shape as well.

Please make sure that you have made an appointment with your medical doctor/ internist/family practice physician for your pre-operative medical evaluation. To prevent unexpected cancellation of your surgery, you should have the following completed prior to your final pre-operative appointment with your surgeon.

- Copy of a recent medical evaluation including:
  - lab results
  - EKG – within six months prior to surgery
- Written note of medical evaluation
- Any other reports from tests your doctor may order

If you are under the care of a cardiologist, you also MUST have a letter from that cardiologist stating you have had a cardiac evaluation for surgery.

It is very important that you complete any needed treatment prescribed by your physician prior to your surgery date to ensure that you are in the best possible health for your surgery.

Please bring copies of all pre-operative medical evaluations, labs, EKG, etc. with you to your pre-operative appointment. In addition, bring all medications you are currently taking including prescription, over-the-counter medications, vitamins and herbal supplements all in their original bottles.

## □ Choose a coach

At Palmetto Health, we recommend that you identify a coach to make sure your rehab goals are met. The purpose of your coach is to assist with your rehab during your hospital stay and to learn how to assist you after departure from the hospital. Your coach can be a friend, family member, a co-worker, anyone who is willing to help you reach your goals.

Due to pain medication and anesthesia, you may not remember many instructions given you right after surgery. Having someone there to listen to those instructions for you, help with exercise, and general moral support during your stay is very important.

## □ Register for pre-operative class

Outpatient surgery patients going home the afternoon of surgery, must have their coach attend the pre-operative appointment, pre-operative joint class, provide contact information, be present at the hospital during surgery, provide transportation home and remain with patient for first twenty four hours.

We STRONGLY urge you to attend the pre-operative class that Palmetto Health provides to help patients and families prepare for surgery and recovery. These classes provide important information about your surgery, post-operative care, rehabilitation and what you can expect during your recovery. The class is a time to ask questions and meet other patients having joint replacement surgery. **Class is mandatory for outpatient surgery patients and their coach.**

Daytime classes are held on Thursdays from 10 a.m. -12 p.m. at locations listed below. (unless noted\*). Evening classes are held from 6- 8 p.m. at Palmetto Health Baptist Parkridge only. Register for class by calling 803-296-2273 (CARE). Please leave a message, if necessary.

## Locations:

### Palmetto Health Baptist classes:

1501 Sumter St., Auditorium, ground floor, Columbia, SC 29201

### Palmetto Health Richland classes:

2 Medical Park Dr., Lower Level (LL) classroom. Columbia, SC 29203

### Palmetto Health Baptist Parkridge classes:

300 Palmetto Health Pkwy., Birch/Cedar classrooms, Columbia, SC 29212

## Pre-Operative joint class dates by campus

Richland	Parkridge	Baptist
Jan 10, 2019	Jan 17, 2019	Jan 31, 2019
Feb 14, 2019	Feb 21, 2019	Feb 28, 2019
Mar 14, 2019	Mar 21, 2019	Mar 28, 2019
Apr 11, 2019	Apr 18, 2019	Apr 25, 2019
May 9, 2019	May 16, 2019	May 30, 2019
June 13, 2019	June 20, 2019	June 27, 2019
	Evening- Parkridge	Evening- Baptist
	Jan 17, 2019	Jan 31, 2019
	Feb 21, 2019	Feb 28, 2019
	Mar 21, 2019	Mar 28, 2019
	Apr 18, 2019	Apr 25, 2019
	May 16, 2019	May 30, 2019
	June 20, 2019	June 27, 2019



## ] Get your body in shape

To speed your recovery, it is important to get in the best physical shape possible for surgery. During the time prior to surgery, focus on building your strength and staying as active as possible.

To ensure good results for your shoulder replacement we recommend doing gentle range of motion stretching 3-4 times a day during the month before your surgery. Practice any shoulder exercises that your surgeon has provided and recommended for you prior to surgery.

The Arthritis Foundation has information about exercising with arthritis on the following website:

**<http://www.arthritis.org/exercise-intro.php>**

## □ Good dental health is important

Infected teeth and/or gums can cause your total joint replacement to become infected. If you have broken or painful teeth, and/or swollen or bleeding gums, it is very important to see a dentist prior to your surgery for correction of these problems. If you cannot see your dentist or do not have a dentist the Palmetto Health Dental Center on the Palmetto Health Richland campus will make an effort to work you in if you let them know that you need to be seen prior to joint replacement surgery. Call 803-434-6567 for an appointment.

When going to the dentist after surgery, antibiotics are recommended prior to any procedure (cleaning, extraction, etc.) for patients who have undergone joint replacement. Inform dentist you are going to see that you have had joint replacement to ensure you get the prescription they recommend prior to your appointment.

## □ Quit smoking

If you are a smoker, you **MUST** quit a minimum of four weeks prior to your surgery and continue to stop for a minimum of twelve weeks after your surgery. Smokers can have more complications with their lungs during and after surgery and have increased risk of their wound not healing, infections and failure of the surgical procedure. Listed below are FREE resources to help you quit smoking.

## Free smoking cessation programs

### Palmetto Health:

Palmetto Health, in conjunction with the Cancer Health Initiative, offers a free comprehensive, adult smoking cessation program to residents of Richland, Lexington and Fairfield counties.

We can help you put that cigarette out by using a combination of:

- Motivational Counseling
- Medical Consultation
- Free (or reduced cost) one-month supply of medication
- Six sessions within three weeks

89 percent of people quit smoking after the three-week program!

50 percent are still not smoking two years later!

All services are free, regardless of income. For more information or to register, call CareCall, 803-296-CARE (2273) or go to our web site [www.palmettohealth.org](http://www.palmettohealth.org).

### DHEC:

For those who reside outside of Richland, Lexington or Fairfield Counties the S.C. Department of Health and Environmental Control (DHEC) also offers a smoking cessation program called QUIT FOR KEEPS. Call 1-800-QUIT-NOW (1-800-784-8669).

You will speak to a trained tobacco treatment specialist who will assist you in your quit attempt.

- Any S.C. resident can call.
- Hours are 8 a.m. to 3 a.m., seven days a week.
- Services feature phone and Internet counseling support.
- Callers receive a personalized Quit Plan with their Quit Coach.
- If you do not have health insurance, you may be eligible to receive free nicotine gum or patches as a part of Quitline services.

**The bottom line is to focus on getting as physically strong and fit as you possibly can before surgery.**



## ] Get Your home in shape

Prepare your home for your return after surgery. Simple modifications to the interior of your house can make it much more convenient and reduce the risk of a fall. Changes in furniture arrangement, lighting and housekeeping will greatly help during your recovery process. It is also recommended that you have a safety network of friends and family or neighbors to check-in on you daily either by phone or in person just in case you have fallen and are unable to solicit help. Use the following checklist as a guide.

### Stairs and steps

- Provide enough light to see each step and landing
- Install handrails on both sides of stairways (if possible) and use them
- Do not leave objects on the stairs
- Do not place loose rugs at the bottom or tops of stairs

### Kitchen

- Remove throw rugs in kitchen and throughout the house.
- Immediately cleanup any liquid, grease, or food spilled on the floor.
- Store food, dishes and cooking equipment at easy-to-reach waist level.
- Prepare extra meals prior to surgery and freeze them for easier meal preparation when you come home.

### Bedroom

- Clear clutter from the floor.
- Place a lamp/flashlight near your bed.
- Install night-lights along the route between the bathroom and the bedroom.
- Ensure your bed is high enough so you can easily get in and out of it.
- Have a telephone near your bed.

### Living area

- Arrange furniture to create clear pathways between rooms.
- Remove wires or extension cords from pathways.

### Other arrangements to consider

- Arrange for someone to care for your pets.
- Do laundry and have comfortable clothing available for when you return home.
- Get your haircut/styled prior to surgery to make you feel more comfortable.
- Have cold therapy/ice ready to use at home. If you have been using an ice machine during your stay in the hospital, you will take it home.
  - You will need a lot of ice.
  - Access to an electrical outlet near where you will be recuperating.
  - An extension cord is a fall hazard.
  - We suggest a couple of bags of frozen peas to use as an alternative in case of power outage or ice supply is low.

## □ Surgery check-off list

### **When surgery is scheduled:**

- Quit smoking immediately
- Good dental health
- Make appointment with family doctor or internist for pre-op evaluation within six weeks of surgery date
- Make appointment for clearance from cardiologist if you have one

### **Within six weeks of surgery:**

- Make certain you have all written clearances and paperwork from both your family doctor and cardiologist if you have one.
  - Diabetes education if newly identified diabetic or abnormal blood sugar during screening
  - Anemia treatment if identified as anemic during screening
  - Nutrition education if identified as malnourished during screening
- Attend the Total Joint Class for education - Call 803-296-2273 to register. (see page 8)
- Make plans for care after leaving the hospital

### **Within four weeks of surgery:**

- Call Outpatient Surgery for a nurse to take your medical history over the phone.
- Attend your hospital pre-operative appointment
  - **Outpatient surgery patients, you must have your coach attend the pre-operative appointment with you.**
- Recheck any critical lab results
- Pick-up special skin cleansing packet at your pre-operative appointment to use as instructed the night before or morning of your surgery.
- Departure from hospital plan finalized, i.e. home, rehab center, etc.
- It is important that you keep the skin on your arms and hands free from open wounds or cuts.
- Do not apply creams and lotions to your arms or upper body the day before or the day of surgery.
- Fingernails are another concern. Be very careful if you are planning to clip your fingernails prior to surgery so as not to cause an open wound.

### **Two days before your surgery:**

- Use your special skin cleansing scrubs as instructed once per day the 3 showers/baths before your surgery

### **Night before and day of surgery:**

- Nothing to eat or drink after midnight.
- Use your third special skin cleansing scrub as instructed
- With a sip of water, take only the medications that you were told to take. If you are unsure of which medications to take, do not take any of them and bring them with you in their original bottles.

### **Day of:**

- Do not bring unattended children.
- Do not bring large amounts of money or valuables.
- Do not apply perfume, colognes or scented products.
- Do not wear nail polish or make up.
- Do not bring excess luggage.
- Do not wear jewelry or piercings.
- Do not chew gum or eat candy.

## ] What to bring to the hospital?

- **Your Guidebook**—it is a great reference. There are pages in the back to write notes and questions or concerns for your surgeon.
- Bring a list of all of your medications with dosages included or fill out the Universal Medication form supplied in notebook and bring it.
- Comfortable shorts or pants are preferred. Try on these clothes prior to surgery to make sure they are loose fitting. Elastic waists are easier for pulling up.
- **Short sleeve button up shirts are recommended (no pullover shirts).**
- Loose fitting pajamas
- Your footwear in the hospital will be hospital issued socks or good supportive shoes you have brought from home. If you require special shoes or braces bring them with you.
- Personal hygiene items: toothpaste, deodorant, shampoo, etc.

## □ Prepare your skin

Palmetto Health has a low surgical site infection rate; however, there is a small risk of infection with any surgery. We work hard to prevent infection and want you to get involved and play a role in your health. Preparing or “prepping” the skin before surgery can significantly reduce the risk of infection at the surgical site. You will be given a special antiseptic solution to prepare the skin before surgery which will reduce bacteria on the skin surface. The steps below outline the prepping process and should be followed carefully.

**The First Shower: Two Days Before Surgery:** take a shower and wash your entire body, including your hair and scalp the following manner:

- Wash your hair, face and body, with your normal shampoo, conditioner and soap. Rinse thoroughly.
- Follow the instructions included with your special antiseptic wash. **Pay particular attention to the shoulder that will be operated on, front, back and armpit.** Avoid contact with your face, eyes, ears, nose, mouth and genital area.
- Rinse your body thoroughly.
- Use a fresh, clean towel to dry your body and dress in freshly washed clothes. Do not apply lotions, powder or creams after this shower.

**The Second Shower: The Day Before Surgery:** repeat the First Shower instructions and:

- **Important:** Fresh, clean sheets and pillowcases should be used after this shower.

**The Final Shower: The Morning of Surgery:** repeat the First Shower instructions

**Do NOT shave around the surgical area beginning one week prior to surgery.**

Throughout this process, good hand hygiene is a must each day. Wash your hands with soap and water often. To ensure adequate cleansing sing “Happy Birthday” while lathering. If you have any questions, please feel free to call the Total Joint Program manager 803-296-6149.



## Universal medication form

### Patient:

1. **ALWAYS KEEP THIS FORM WITH YOU.** You may want to fold it and keep it in your wallet along with your driver's license. Then it will be available in case of an emergency.
2. Write down all of the medicines you are taking and list all of your allergies.
3. Take this form to **ALL** doctor visits, when you go for tests and **ALL** hospital visits.
4. **WRITE DOWN ALL CHANGES MADE TO YOUR MEDICINES** on this form. If you stop taking a certain medicine, draw a line through it and write the date it was stopped. If help is needed, ask your doctor, nurse, pharmacist, or family member to help you to **keep it up-to-date**.
5. In the NOTES column, write down the name of the doctor who told you to take the medicine(s). You may also write down why you are taking the medicine (Examples: high blood pressure, high blood sugar, high cholesterol).
6. When you are discharged from the hospital, someone will talk with you about **WHICH MEDICINES TO TAKE AND WHICH MEDICINES TO STOP TAKING**. Since many changes are often made after a hospital stay, a new form should be filled out. When you return to your doctor, take your new form with you. This will keep everyone up-to-date on your medicines.

**Universal medication form** Fold this form and keep it in your wallet

Date form started:

Name:	Address:
Phone number:	
Birth Date:	
Emergency contact/phone numbers:	
<b>IMMUNIZATION RECORD</b> (Record the date/year of last dose taken, if known)	

Tetanus	Flu Vaccine(S)	
Pneumonia Vaccine	Hepatitis Vaccine	Other
<b>Allergic to/describe reaction:</b>		<b>Allergic to/describe reaction:</b>





## Medications from home

In order to provide the safest care for you at the hospital, your surgeon, nurses, and our pharmacists need to closely monitor all medications that you take during your hospital stay, and how your combination of medicines interact. Many medicines, even over-the-counter herbal supplements, can increase or decrease the effectiveness of medication necessary for your surgical preparation and safe recovery.

To ensure that we provide safe, comprehensive medication management for you, the following policies are followed at the hospital:

**The Palmetto Health Pharmacy will furnish all medicines administered to patients in the hospital unless:**

- The medication is a part of an ongoing clinical drug study
- It is a contraceptive that was begun on an outpatient basis
- It is a medication that is not available through our pharmacy and cannot be substituted
- It is a medication that by mutual agreement of the ordering physician and pharmacy services represents the most appropriate course of therapy needed for proper patient care

**If the medication meets the above criteria, the medication must comply with the following:**

- Your physician must write an order in your chart authorizing the use of the home medication.
- A hospital pharmacist must verify the identification of the medication, so the medication must be in its original container with the prescription label intact.
- The medication will be kept in the pharmacy, and administered to you by your nurse at the prescribed times indicated by your doctor.

## What to expect during your hospital stay

### How long will I be in the hospital?

How long you will stay in the hospital is a decision that you and your surgeon will make together with input from your care team here at Palmetto Health. You may go home the day of your surgery or you may stay one night. There are many factors that will be a part of the care plan that is specific to you.

### Day of surgery

Before your surgery, you will be taken to the pre-operative area where you will be prepared for your operation. Your surgeon, anesthesiologist and operating nurse will be coming by to answer any last questions or concerns you may have. An anesthesiologist will discuss your options for surgical pain control, they may give you an injection in your shoulder area that will numb your shoulder and arm. Your surgery will take approximately 1–2 hours.

After your surgery, you will go to the recovery room (PACU) where you will spend 1–2 hours waking up from the anesthesia. During this time your blood pressure, pulse and breathing will be monitored and your pain managed. An X-ray may be taken of your new joint. From the recovery room you will be taken to Outpatient Surgery Recovery or your room in the hospital if you are staying overnight.

Your nurse will meet you and begin your care. Your vital signs will be monitored throughout your stay. Please limit the number of visitors, because the majority of discomfort will occur during the first 24–48 hours after surgery. Rehabilitation therapy may visit to complete your rehabilitation evaluation.

You may have oxygen while you recover from surgery. An incentive spirometer should be used frequently to exercise your lungs (see page 19).

You may have any or all of the following:

- Calf devices, called SCDs, covering both feet/lower legs. These pads Velcro around your feet/lower legs and pump/squeeze to help increase your circulation.
- A catheter in your bladder for urine drainage
- An ice pack placed on your surgery site. Ice therapy helps prevent swelling and is used to decrease pain as well.
- A wound drain to remove excess fluid from your surgical site

You may go home the same day of your surgery if your surgeon and health care team determine you are ready for discharge. You will receive all of your departure instructions. Please have your transportation arranged. If we can be of assistance during this time or you have questions about your departure from the hospital, please feel free to speak with a member of your health care team.

**If you are staying overnight, your coach should unpack your clothes after surgery and set out your clothes for tomorrow. Nursing staff will assist you with getting dressed the morning after surgery.**

## Post-operative day one

The day after your surgery will begin around 5 a.m. Your IV, wound drain and catheter (if present) will be removed. Your surgical dressing will be checked. Your nurse will bring you oral pain medication to help manage your pain for approximately 12 hours. You are encouraged to take this medication with crackers or a small snack of your choice, which will be available to you. In addition, there is additional pain medication available to you if needed for breakthrough pain.

You will be helped out of bed, assisted with bathing and dressing in the clothing that you brought from home. Shorts/pants and comfortable button front shirts are most appropriate. Your surgeon or surgical resident will visit you. A rehabilitation therapist will come to your room and perform a complete evaluation, if this has not already done.

Remember to order room service. After lunch, if you want to take a nap, please feel free to nap in your recliner chair. You should be ready for departure from the hospital in the early afternoon. You will receive all of your departure instructions. Please have your transportation arranged. If we can be of assistance during this time or you have questions about your departure from the hospital, please feel free to speak with a member of your health care team.



## Throughout your stay after surgery

**Incentive spirometer:** While in the hospital and following surgery, you are taking decreased breaths and lying flat versus being upright. This increases your risk of developing pneumonia. Therefore, deep breathing exercises with your **incentive spirometer** (breathing machine) will help open the air sacs in your lungs and may reduce future problems. You should use this machine on your own. It is an important way for you to take an active part in your recovery. The pointer will be set by your respiratory therapist for your appropriate volume.

1. Hold the spirometer upright.
2. Breathe out normally. Place lips tightly around the mouthpiece. Do not bite on the mouthpiece.
3. Breathe in slowly until the piston reaches the pointer.
4. Hold that breath in for 3 seconds.
5. Remove the mouthpiece and let the air out normally.
6. At the end of that breath, cough
7. Repeat steps 2–6 at least 15 times. You will have coughed 15 times when you're done.

### Additional information

- You cannot hurt yourself if you use your spirometer as often as every hour.
- As each day goes by, you may be able to take deeper and deeper breaths.
- Go past the location of the pointer if you can.
- Always sit upright to use your spirometer.

**Wound care:** After surgery, wounds are covered with an Aquacel dressing. Aquacel dressings should be removed when instructed or left in place until your first post-operative visit. Make sure to follow your surgeon's instructions. You may shower with the dressing in place. To wash under your operative arm, bend over at the waist and let the arm passively swing away from the body. It is safe to wash under the arm in this position. Some drainage is expected.

**Ice:** Icing is an important part of recovery from surgery. It is used to decrease swelling and inflammation. Always ensure the cold pad does not directly contact the skin to decrease the risk of cold injury. Follow your surgeon's instructions for icing for the first 3–4 weeks after surgery.

**Diet:** After surgery, some patients experience nausea. This can be related to anesthesia or narcotic pain medication. It is best to begin with clear liquids and light food (crackers). You may progress slowly to your normal diet if not nauseated.

**Calf sleeves:** You may have calf sleeves (called SCDs) on both your lower legs. These Velcro around your calves and squeeze to help increase your circulation. This is important in assisting with blood circulation and decreasing the risk of a blood clot forming. The SCDs should be worn at all times, except when you are walking. **Though uncommon, blood clots (also called deep vein thrombosis or DVT) can occur after surgery. To decrease this risk, you should flex your ankles and toes up and down 10 times per hour.**

**Bowel movement:** It is important that you maintain normal bowel activity. After anesthesia and pain medication, you may experience some constipation. Please know that your surgeon has orders in place to help relieve constipation. You should make your nurse aware of any problems you may be having.

## Coach's checklist

Your coach is a vital part of your successful recovery. He/she is a motivator, encourager and someone there to assist with some simple tasks. Here are some important things that your coach needs to know prior to you leaving the hospital.

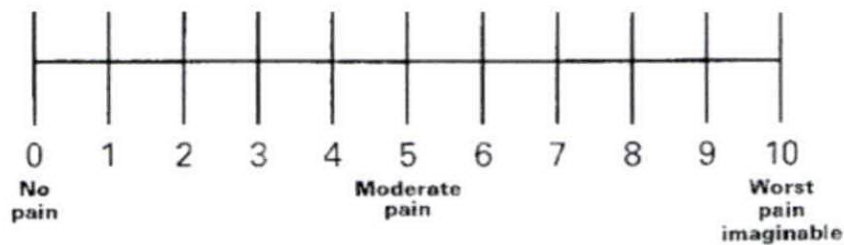
- How to assist you in and out of the bed and car.
- Is he or she comfortable with your home exercise program?
- Is he or she able to assist you as needed with your exercises?
- What are the signs and symptoms of infection?
- How to care for your incision/wound care?

## Managing your discomfort

**Pain Medicine:** You may experience moderate pain after surgery. At this point, you will receive oral pain medications. It is important to keep pain under control.

Pain is your body's way of responding to injury or illness. Surgery is basically a planned injury to your body. Here at Palmetto Health our goal is to manage your pain. While you are recovering, you can help our staff to better control your pain. If you notice your pain increasing or you are unable to tolerate your pain level, please communicate your concerns to the nursing staff. Together we can work to make your pain level tolerable.

Your care provider may ask you to use a number scale to rate your level of pain:



## Leaving the hospital

Prior to surgery, it is important to have plans in place for assistance after you return home. We know that our patients do better and recover faster when they go directly home.

Prior to surgery, arrangements must be made by you for someone to drive you home. Any equipment needs will be taken care of by the hospital staff. If your surgeon determines it is necessary for you, home health therapy services may be arranged for you. You have the right to choose your home health company. If you do not have a preference, a company will be assigned to you for home health care. It is vital that you have contacted your private insurance company to ensure you are using a home health service that is covered under your plan. It is NOT necessary to contact Medicare, as all home health companies accept Medicare. Home health will usually begin within 24-48 hours after hospital discharge. If no one has contacted you within 48 hours of your discharge from the hospital, please contact the assigned company or call the Total Joint Program Manager at 803-296-6149 for assistance.

## Once you get home

### Wound Care:

- After surgery, wounds are covered with dressing. Follow your surgeon's instructions related to how long to leave the dressing in place and when you can shower. To wash under your operative arm, bend over at the waist and let the arm passively swing away from the body. It is safe to wash under the arm in this position.
- Do not submerge the wounds in water (bathtub, pool, lake) for at least two weeks after surgery.
- Some drainage is expected. If the dressings become saturated or drainage continues beyond the first few days, call the office.

### Icing:

- Icing is an important part of recovery from surgery. It is used to decrease swelling and inflammation.
- Always ensure the ice pack does not directly contact the skin to decrease the risk of cold injury.
- Follow your surgeon's instructions regarding frequency of icing.
- Your surgeon will advise you as to when you can discontinue icing.

### Diet:

- After surgery, some patients experience nausea. This can be related to anesthesia or narcotic pain medication. It is best to begin with clear liquids and light food (crackers). You may progress slowly to your normal diet if not nauseated.
- If nausea or vomiting persists, call the office.
- Pain medication also can cause constipation. An over-the-counter laxative, high-fiber diet or fruit juice may be helpful.

### Medication:

- Typically, patients are given a prescription for pain medication. Please take this medication as instructed. This is for pain control, but will not completely eliminate the pain.
- Try to take pain medication with food to help decrease nausea.
- Some prescribed pain medication may already have the common pain/fever reducer medicine **acetaminophen** (Tylenol) mixed with it. Do not take any other medications that include acetaminophen as an ingredient while taking these pain medications. Taking too much acetaminophen can cause liver damage.
- Taking medication prior to bedtime may help with sleeping.



**Activity:**

- Follow your surgeon's instructions for how long you should use your sling. There will be a strap over your shoulder that can be adjusted to keep your elbow bent at about a 90-degree angle. Try to keep your hand level with or above your elbow to prevent hand swelling.
- You may have an abduction pillow around your abdomen. This is designed to keep your arm away from your side in order to take tension off the repaired tissue. This pillow should be snug but not tight. You should be able to breathe freely with this strap in place.
- Sleeping in a recliner or propped up in a bed is often more comfortable than lying flat after shoulder surgery.
- While in the sling, you should open and close your hand to encourage circulation and prevent stiffness. You can come out of your sling to move your elbow, wrist and hand. You may also perform pendulum exercises 2–3 times per day.



***Pendulum exercise***

Remove sling, bend over at the waist and let the arm hang down. Using your body to initiate movement, swing the arm gently forwards and backward and in a circular motion.

- Rehabilitation therapy may be prescribed after surgery at two or six weeks. If your surgeon prescribes it for you, we encourage you to attend all therapy appointments.
- Driving after surgery is okay once narcotic pain medication has been stopped and you are cleared by your surgeon.

**Reasons to call the office:** Please call the office for any of these concerns:

- Fever above 101.5 degrees F
- Excess pain or swelling of the calf
- Excess drainage at surgical incisions
- Excess nausea/vomiting
- Numbness in the operative arm
- Some numbness can be expected initially after surgery if a nerve block was used
- Redness around the incision site
- Any other questions or concerns

**Follow-up appointment:** You will have an office visit scheduled approximately 10–14 days after your surgery. If an appointment has not been made please call your surgeon's office to schedule.

## Home health resources

Your physician may prescribe Home Health services to provide you with continuity of care in the home setting. The elected company will provide therapy services. We suggest that you contact your private insurance company (Blue Cross, Cigna, Aetna, etc.) to check for preferred/contracted providers. However, if Medicare is your primary insurer, all home health companies accept Medicare and you have no need to contact Medicare.

The following companies are available in **Richland and Lexington counties**.

• Palmetto Health HomeCare*	803-296-3100
• Amedysis Home Health	803-356-2253
• CarePro Home Health	803-758-4000
• DHEC	803-276-5818
• Gentiva Home Health Care	803-791-3704
• National Healthcare Homecare	803-939-0266
• Tri-County Home Health Care	803-561-7680

\*This home health agency is affiliated with Palmetto Health.

There are home health companies in all counties. We will be happy to provide you with a list of companies in your county. Please be prepared to let your social worker or nurse case manager know which company you would like to use after your surgery.

Know that your nurse case manager and social worker will make every effort to secure placement in your company of choice. If you have no preference, we can assign one for you.

## Warning signs and complication prevention

### Blood clots in the Legs:

Swelling after surgery may interfere with blood flow through your veins and cause clots to form in the veins of your legs. Blood thinners are used to decrease the chance of these clots forming. There are a few other ways to decrease your chance of forming blood clots in your legs. These include walking, ankle pumps, compression stockings and foot pumps. One common warning sign of blood clots is swelling in the thigh, calf, or ankle that does not decrease with elevation. Another is pain, redness or heat in the calf. This may occur in either leg, not just the operative leg. **DO NOT MASSAGE OR RUB THIS AREA.** Contact your physician.

### Pulmonary embolus:

A pulmonary embolus is a result of an unresolved blood clot in your leg that breaks away from the vein and travels through the circulation to the lungs. Some warning signs of pulmonary embolus are sudden chest pain, extreme shortness of breath, sweating and confusion. If you experience any of these symptoms, this is a medical emergency and you should call your nurse if in the hospital or rehab facility, or dial 9-1-1 if at home. Recognizing a blood clot in your leg and using preventive strategies will reduce the risk of pulmonary embolus.

### Incision infection:

Following a total shoulder replacement, special care needs to be taken to prevent infection of the wound. This includes keeping your incision clean and dry. You may take a shower when cleared by your surgeon. Some signs and symptoms of infection are increased redness, change in color, odor and increase in drainage, increased shoulder pain and a fever above 100.5 degrees F. Notify your surgeon if any of these signs are present.

### Ice machine:

If you have been using an ice machine during your stay in the hospital, you will take it home with you. The instructions that come in the box are self-explanatory. You will have a sleeve that is a barrier between your shoulder and the ice. If the sleeve gets soiled, use a pillowcase. A towel is too thick. **Do not place the ice pad directly on your skin.** Follow the instructions from the company to fill the machine with ice and water. If you experience problems with the operation of the machine, please **call your surgeon's office.**

## Frequently asked questions

**When will my stitches/staples be removed?** Stitches may be used that are under the skin and do not have to be removed, they will dissolve. If you have staples or stitches on the outside, they will be removed in 10–14 days.

**When may I shower?** You may shower immediately after surgery if you have an Aquacel bandage. If you have a bulky dressing, you may shower three days after surgery. Your surgeon will let you know when you may shower. Once the staples/stitches are removed, you may shower and allow water over the incision. You may remove the sling to shower, but must keep your operative arm at your side, do not lift your arm.

**When may I drive?** You need to discuss this with your surgeon, as each patient is different. However, you may not drive as long as you are still taking pain medication.

**Are there any hotels near the hospital?** Hotels, inns and motels listed below have agreed to provide reduced rates (not including tax) to family members who have patients in one of our hospitals. Listed are the locations most convenient to our Palmetto Health downtown and Baptist Parkridge/Harbison area hospitals. Please call ahead for reservations and request the “hospital rate.” For those facilities that have rates listed, please confirm these rates in advance of arrival as they may have changed since printing. Palmetto Health does not endorse the use of any specific accommodation.

**Rodeway Inn - Downtown**  
1301 Main St., 803-779-7790, \$60

**Courtyard Columbia - Downtown**  
630 Assembly St., 803-779-7800, \$99

**Columbia Marriott - Downtown**  
1200 Hampton St., 803-771-7000, \$99

**Sheraton Downtown**  
1400 Main St., 803-988-1400

**Comfort Suites - Downtown**  
501 Taylor St., 803-744-4000, \$79

**Hampton Inn - Downtown**  
822 Gervais St., 803-231-2000, \$149

**Hampton Inn - Parkridge**  
101 Woodcross Dr., 803-749-6999

**Towne Place Suites by Marriott - Parkridge**  
350 Columbiana Dr., 803-781-9391

**Hyatt Place Columbia/Harbison**  
1130 Kinley Rd., 803-407-1560

**Residence Inn Columbia NW/Harbison**  
944 Lake Murray Blvd., 803-749-7575

Visit [PalmettoHealth.org](http://PalmettoHealth.org) for additional hotels, inns and accommodation information.

## Rehabilitation Therapy

Your orthopedic surgeon may prescribe formal rehabilitation therapy exercises after your surgery. Follow your surgeons and/or therapists exercise instructions.







## Area map to Palmetto Health Baptist

Driving Directions to Palmetto Health Baptist EOB: 1501 Sumter St, same building as Baptist Breast Center:



### From Charleston/Spartanburg:

Proceed on Interstate 26 to Interstate 126 into Columbia. This expressway becomes Elmwood Avenue. Proceed on Elmwood Avenue and turn right onto Sumter Street. Proceed 4.5 blocks to Palmetto Health Baptist. EOB will be on the right. Park in the attached parking garage.

### From Augusta:

Exit Interstate 20 onto Interstate 26 East toward Columbia. Proceed on Interstate 26 to Interstate 126 into Columbia. This expressway becomes Elmwood Avenue. Proceed on Elmwood Avenue and turn right onto Sumter Street. Proceed 4.5 blocks to Palmetto Health Baptist. EOB will be on the right. Park in the attached parking garage.

### From Charlotte:

Exit Interstate 77 South onto SC 277 toward Columbia. This becomes Bull Street. Continue on Bull Street approximately 8-9 blocks and take a right onto Taylor Street. Proceed 2 blocks and turn left onto Sumter Street. Proceed .5 blocks to Palmetto Health Baptist. EOB will be on the right. Park in the attached parking garage.

### From Florence:

Exit Interstate 20 onto 277 toward Columbia. This becomes Bull Street. Continue on Bull Street approximately 8-9 blocks and take a right onto Taylor Street. Proceed 2 blocks and turn left onto Sumter Street. Proceed .5 blocks to Palmetto Health Baptist. EOB will be on the right. Park in the attached parking garage.

## Area map to Palmetto Health Baptist Parkridge

Driving Directions to Palmetto Health Baptist Parkridge:



### From Charleston/Columbia/Spartanburg:

Proceed on Interstate 26 to exit 102B – Lake Murray Blvd. Turn right onto Lake Murray Blvd. Turn right at the first light onto Palmetto Health Pkwy. The hospital, located at 400 Palmetto Health Pkwy, will be on your right. Park in front of the hospital, enter at the entrance by the waterfalls. A Care Guide at the front desk will escort you to the classroom..

### From Florence/Augusta:

Exit Interstate 20 onto Interstate 26 toward Spartanburg (exit 64B). Proceed on Interstate 26 to exit 102B – Lake Murray Blvd. Turn right onto Lake Murray Blvd. Turn right at the first light onto Palmetto Health Pkwy. The hospital, located at 400 Palmetto Health Pkwy, will be on your right. Park in front of the hospital, enter at the entrance by the waterfalls. A Care Guide at the front desk will escort you to the classroom.

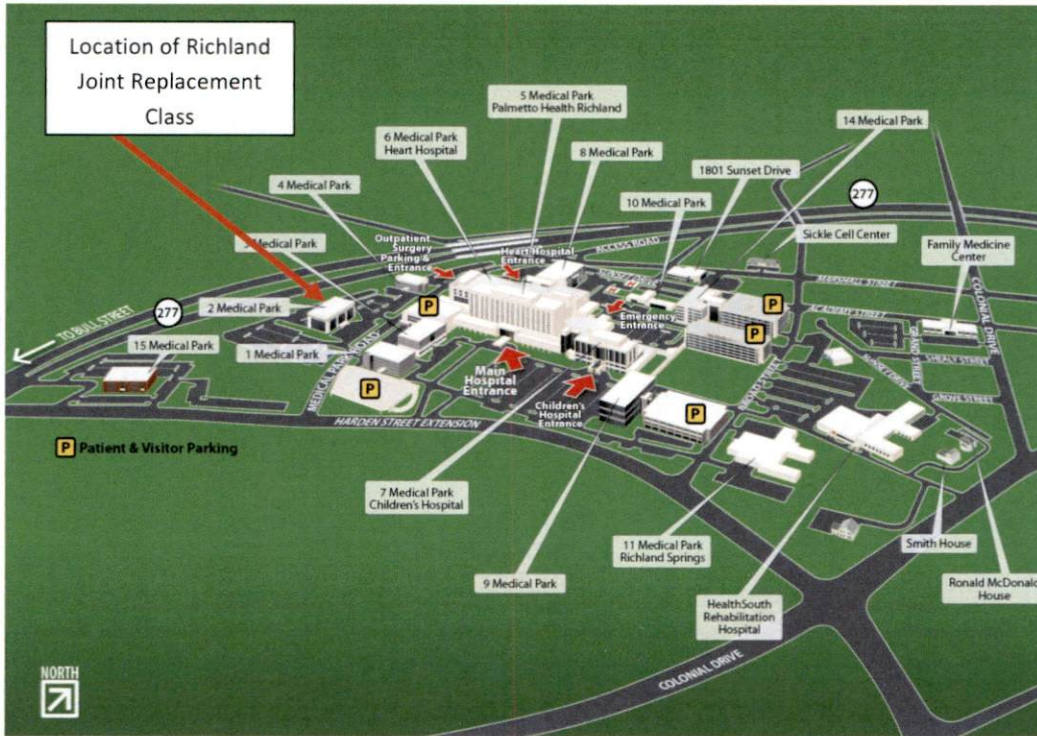
### From Charlotte:

Exit Interstate 77 South onto SC 277 and follow the signs to Interstate 20. Exit Interstate 20 onto Interstate 26 toward Spartanburg (exit 64B). Proceed on Interstate 26 to exit 102B – Lake Murray Blvd. Turn right onto Lake Murray Blvd. Turn right at the first light onto Palmetto Health Pkwy. The hospital, located at 400 Palmetto Health Pkwy, will be on your right. Park in front of the hospital, enter at the entrance by the waterfalls. A Care Guide at the front desk will escort you to the classroom.



# Area map to Palmetto Health Richland

Driving Directions to Palmetto Health Richland Joint Class:



## From Spartanburg:

Follow I-26 south and take I-126 into Columbia. Take the Elmwood Avenue exit. Follow Elmwood Avenue until it intersects with Bull Street. Turn LEFT on Bull Street. Follow Bull Street to the intersection with Harden Street Extension. Turn RIGHT and the go to the first traffic light. Turn LEFT on to Medical Park Dr. Turn LEFT into the 2MP/ University Specialty Clinics parking lot. You may park anywhere in the parking lot.

## From Charleston:

Follow I-26 north and take EXIT 108 for I-126 into Columbia. Take the Elmwood Avenue exit. Follow Elmwood Avenue until it intersects with Bull Street. Turn LEFT on Bull Street. Follow Bull Street to the intersection with Harden Street Extension. Turn RIGHT and the go to the first traffic light. Turn LEFT on to Medical Park Dr. Turn LEFT into the 2MP/ University Specialty Clinics parking lot. You may park anywhere in the parking lot.

## From Charlotte:

Follow I-77 south and take EXIT 18, designated as 277/Columbia. Take EXIT 16, designated as Sunset Drive, Beltline Boulevard. Turn LEFT and at the first traffic light, turn RIGHT onto Medical Park Dr. Turn RIGHT into the 2MP/ University Specialty Clinics parking lot. You may park anywhere in the parking lot.

## From Florence:

Follow I-20 west into Columbia and take EXIT 73-A, designated as Columbia/277. Take EXIT 16, designated as Sunset Drive, Beltline Boulevard. Turn LEFT and at the first traffic light, turn RIGHT onto Medical Park Dr. Turn RIGHT into the 2MP/ University Specialty Clinics parking lot. You may park anywhere in the parking lot.