

# SHOULDER SURGERY DISCHARGE EDUCATION

RN Patient Navigator & Nurse Leader  
Courtney McChesney BSN, RN



A Member of Trinity Health

# Discharge Education



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Thank You for Choosing St. Joseph's Health for  
Your Upcoming Shoulder Surgery.





# Discharge Education



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## Purpose

- Provide important information about your discharge home after shoulder surgery



# Discharge Education



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## Your Discharge is Very Important to Us!

**PLEASE SET ASIDE AT LEAST 10 MINUTES TO GO OVER YOUR DISCHARGE PAPERWORK WITH THE NURSE**

### Important Discharge Information:

- Diet
- Activity
- Restrictions
- Incision Care & Showering
- Medications
- Preventing Complications
- 'When to Call Your Surgeon'

The Shoulder Surgery Handbook that you received at your Pre-Admission Testing appointment has further information to help you with your recovery after discharge.

Prescriptions will be electronically prescribed at the time of discharge, unless you have received a prescription from the office prior to your surgery date. You should be prepared for upfront cost of narcotics at discharge.



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## Preparing to Return Home

YOU CAN EXPECT TO BE DISCHARGED AS EARLY AS THE DAY OF SURGERY, DEPENDING ON YOUR SURGERY AND YOUR SURGEON.

- Ask a family member or friend to help you for the first few days up to one week after surgery
- Your surgeon and clinical affiliate will assess your ability to be discharged
- Coordinate anticipated discharge time with nurse
- Have someone on standby to provide you transportation home



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## Discharge Criteria

- Eating & drinking without nausea or vomiting
- Vital signs stable
- Incision stable
- Physical therapy evaluation
- Pain tolerable with oral medications
- Urinating



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## Diet

- Resume previous preoperative diet unless otherwise instructed by your doctor



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## Activity

- NON-WEIGHT BEARING to your operative shoulder, unless otherwise directed by your surgeon or physical therapist
- Physical therapy will show you how to perform pendulum exercises as well as range of motion exercises to the elbow, wrist, and hand
  - Also shown in Shoulder Surgery Handbook and handout given to you by your surgeon and physical therapist

\*Stop exercises and notify your surgeon if you pain increases or you do not feel well





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## Restrictions

- Do NOT use your operative arm to lift, pull, or push weight
  - This includes pushing up out of a chair
- Moving the arm too early can prevent proper healing
- Do NOT drive or operate machinery until cleared by your surgeon



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## Shoulder Sling

- You will most likely wear a sling for 6 weeks after surgery, unless otherwise directed by your surgeon
- The sling is to be worn AT ALL TIMES except for bathing, dressing, and performing exercises previously mentioned
- Your physical therapist will show you how to apply and remove your sling as needed
- Ask your physical therapist if you have any questions about your sling or exercise regimen



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## Incision Care

- Check your dressing and/or incision every day
- If you have a dressing, it will be removed at your follow-up appointment with the surgeon
- If there is redness or drainage from or around your incision, contact your surgeon's office
- Do NOT use heat on or around your incision



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## Showering

- Showering instructions will be determined by your surgeon and will be reviewed at discharge
- When showering, cover your dressing with Glad Press 'N Seal
  - This can be purchased at most grocery stores
- **No** rubbing or scrubbing the incision
- **No** soaking in tubs, hot tubs, pools, lakes, oceans, etc.
- **Do not** use lotion or powder on or around your incision





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## Cold Therapy

- Apply ice packs to affected shoulder for discomfort and swelling
  - You will be given ice gel packs at the hospital, or you can use a cold therapy system if previously purchased
- Use a barrier between your skin and the ice packs, such as a pillowcase or clean fabric
- DO NOT apply heat, unless directed by your surgeon



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## Pain Medication

### ACETAMINOPHEN (TYLENOL)

- **DO NOT** take more than a total of 4 grams (4000 milligrams) of acetaminophen (Tylenol) in a 24 hour period
- Some pain medications have Tylenol in them, it is important to know this when you are calculating your daily dose of Tylenol
- If you are not sure, check with your doctor or pharmacist



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## Pain Medication

### PRESCRIBED PAIN MEDICATION

- New medications will be electronically prescribed to your pharmacy at discharge, unless your surgeon has already given you a prescription beforehand
- You will be prescribed a 5-7 day supply
  - Call office 2-3 days before you are out of pain management medication
- Do not take more than the MDD (Maximum daily dose) of your pain medication prescribed
  - Call your surgeon's office if you are having uncontrolled pain NOT relieved by your prescribe pain medication



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## Pain Management

- Keep your arm resting in the shoulder sling, unless otherwise directed by your surgeon
- Take pain medicine ONLY as directed
  - More information will be listed on your After Visit Summary (AVS) received at discharge
- DO NOT drink alcohol while taking pain medication





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## Preventing Complications

### PREVENTING BLOOD CLOTS

- You will be at an increased risk for blood clots several weeks following surgery
- Keep TED stockings or compressing stockings on for 4-6 weeks, or until cleared by your surgeon
  - Wear during the day and remove at night (12 hrs. ON/12 hrs. OFF)
  - Hand wash regularly as needed with soap and water, hang to dry overnight
- Short frequent walks are recommended – return to previous activity if possible



# Discharge Education



## Preventing Complications

### ANTICOAGULATION MEDICATION (BLOOD THINNERS)

- Anticoagulation medication will be prescribed by your surgeon
- Your medications will be listed on the After Visit Summary (AVS) given to you at discharge
  - Please reach out to the surgeon's office with questions regarding your anticoagulation medication
- Do NOT take any **additional** anticoagulation medication or NSAIDS unless directed by your surgeon including ibuprofen (Advil or Motrin), naproxen (Aleve), or aspirin



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## Preventing Complications

### PREVENTING CONSTIPATION

- Increase fluids and stay hydrated
  - Drinking plenty of fluids will also help you feel better
- Increase fiber (fruits/vegetables/bran)
- Prunes and/or prune juice
- Increase walking
- Take over the counter MiraLAX and Senna as directed
- If you have not had a bowel movement in 4 days, please call office



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## Preventing Complications

### PREVENTING INFECTION

- Handwashing is the best way to prevent the spread of infection
- Wash your hands before meals and after using the bathroom
- Encourage your family and visitors to wash their hands before visiting with you
- Keep incision clean/dry and call the office if there is any redness, drainage, worsening pain, or if the bandage becomes saturated or soiled
  - Do not remove dressing unless instructed by your surgeon





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## Preventing Complications

### PREVENTING PNEUMONIA

- Continue to use your incentive spirometer at home to prevent pneumonia
  - 10 times an hour while awake
- Keep your head of bed slightly elevated while in bed
- Sleep in a recliner if you have one or prop yourself up with pillows
  - This will also help with discomfort as laying flat causes strain on your shoulder
- Short frequent walks are recommended – return to previous activity if possible
- Brush your teeth 2-3 times per day



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## Follow Up

**REMEMBER IT IS IMPORTANT TO KEEP YOUR FOLLOW-UP APPOINTMENT 7-14 DAYS AFTER SURGERY**

- You should have follow up appointments scheduled with your surgeon's office
- You will have a follow up visit with your surgeon's office approximately 2 weeks after your surgery
  - Please call the office if you are unsure this has been scheduled
- Outpatient Physical Therapy will be scheduled based on your surgeon's preference
  - This will be scheduled by the surgeon's office either before your surgery OR at the follow up appointment with your surgeon



# Discharge Education



## Call your Surgeon

### FOR NON- LIFE-THREATENING ISSUES

- Temperature  $>101^{\circ}$  F
- Increased redness or swelling or drainage from or around your incision
- Pain not relieved by pain medication or worsening pain in the incision area
- Nausea or vomiting
- Severe calf pain
- Changes in skin color, not able to move your arm/fingers, or numbness or tingling
- Questions or concerns



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## Call your Medical Doctor

### FOR NON- LIFE-THREATENING ISSUES

- Cold symptoms
- Fatigue
- Gradual worsening of existing health issues (i.e. heart and lungs)



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## Call 911

- Chest pain
- Shortness of breath
- Coughing up blood





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Syracuse Orthopedic Specialists (SOS)

**315-251-3162**

Dr. Everding

**315-251-3100**

Dr. Smart  
Dr. Greenky



# Questions?



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Questions?

Do not hesitate to contact  
Courtney McChesney, BSN, RN

(315) 744-1475

[Courtney.Shoales@sjhsyr.org](mailto:Courtney.Shoales@sjhsyr.org)





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THANK YOU

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