



Total Shoulder Replacement Patient Education Guide

Dr. Bryan Butler

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Welcome Message

Welcome to Orthopaedic Medical Group of Tampa Bay (OMG), and thank you for choosing us for your total shoulder replacement surgery. Our goal is to ensure that you are well-prepared for the surgery, understand the recovery process, and have realistic post-surgical expectations. Our team is committed to providing the best possible care during your recovery process. By reading this guide, you will gain valuable insight into what to expect, how to prepare, and learn important tips to aid in a speedy recovery.



**Orthopaedic Medical Group
Fishhawk Complex**



Meet Your Care Team

At Orthopaedic Medical Group we employ a team of healthcare professionals to help care for you after your joint replacement surgery. This team includes your Surgeon, a Physician's Associate (PA), a Clinical Athletic Trainer (ATC), and your Surgical Coordinator. Each team member has extensive training in Joint Replacement Surgery. By using a teamwise approach, we can treat you more effectively and provide well-rounded care.



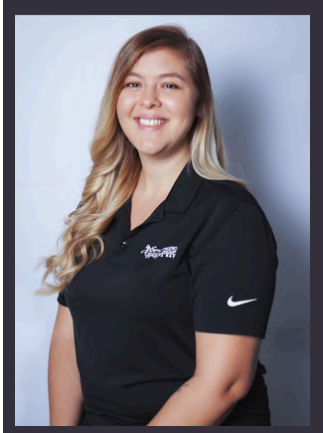
Dr. Bryan Butler, MD

Dr. R. Bryan Butler is an orthopaedic surgeon with an interest in specialized care for injuries of the Shoulder and Elbow. Originally from California, Dr. Butler attended Northwestern University, from which he obtained a double major in Biological Sciences and Economics. He then attended the University of Maryland – School of Medicine. After deciding to pursue a career in orthopaedics, he continued his training in Baltimore at the University of Maryland Medical Center and R Adams Cowley Shock Trauma Center. Post residency, Dr. Butler continued his training at the Harvard Combined Orthopaedic Fellowship Program. Dr. Butler decided to join the Orthopaedic Medical Group of Tampa Bay, to bring his expertise to the private practice setting to help treat abnormalities of the shoulder and elbow.



Kailey Quintana, PA-C

Ms. Quintana, a Florida native, graduated from the University of Central Florida with a Bachelor's degree in Health Sciences. After completing her undergraduate studies she found her love for the field while working for 3 years as a medical scribe and medical assistant in an Orthopedic clinic that specializes in sports medicine. She continued her education at the Physician Assistant program at Barry University, graduating in 2020. While at Barry University, she received the Vernon A. & Virginia M. Culver Memorial Award for demonstrating excellence in Orthopedic research. She was honored to accept a position with the Orthopaedic Medical Group of Tampa Bay in 2021 after spending her elective Orthopaedic clinical rotation with the group.



Kendra Richardson, LAT, ATC

Ms. Richardson is a certified athletic trainer and a native of Washington State. She graduated from the University of Tampa with a Bachelor's of Science degree in Athletic Training. She has extensive experience with athletic and sports medicine injuries. Kendra joined Orthopaedic Medical Group of Tampa Bay in 2016. She has quickly become an asset to the sports medicine team and works daily evaluating and treating patients with a variety of orthopedic issues.



Surgical Facilities & Information

Preferred Facility

Orthopaedic Medical Group of Tampa Bay



**13837 Circa Crossing Dr
Lithia, FL 33547
Phone: 813-535-6647**

Our state-of-the-art surgical center in Lithia allows us to provide you with excellent care, as the staff who will be caring for you are handpicked by your surgeon. In this setting, we can control more aspects of your care to ensure you have a positive and safe experience.



The surgical facility will contact you one day before your scheduled procedure to provide an arrival time.



Surgical Facilities & Information

Alternative Facilities

St. Anthony's Hospital

1200 7th Ave N,
Saint Petersburg, FL 33705
Phone: 727-825-1100

St. Joseph's Hospital South

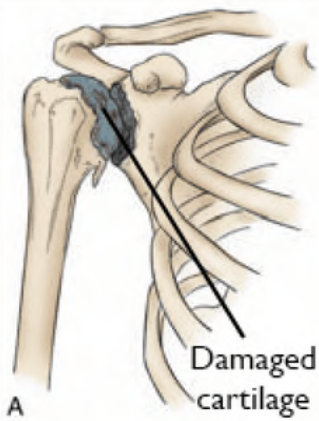
6901 Simmons Loop
Riverview, FL 33578
Phone: 813-302-8000



In patients with potentially complicated medical conditions, we may utilize a hospital for your surgery. In some cases, your insurance may mandate that your surgery take place in a hospital setting. Otherwise, it is preferred that you attend our surgical center so we can ensure comprehensive care.



What Is Arthritis?

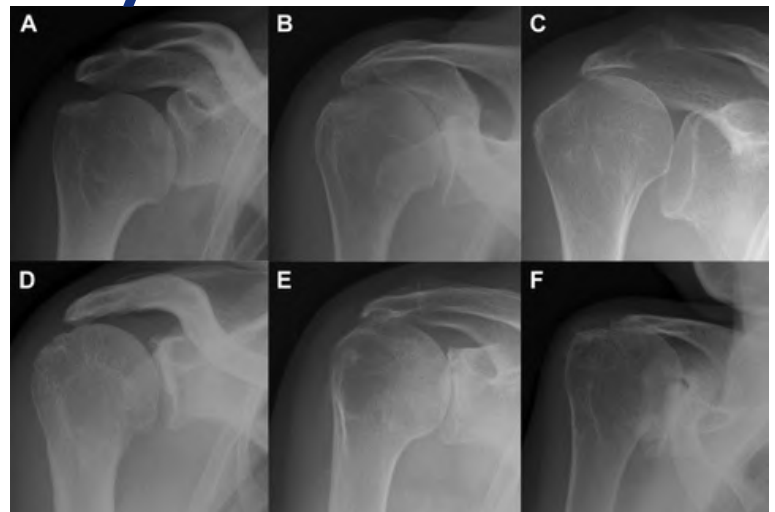


Arthritis is the wear, tear, or degeneration of cartilage which serves as a cushion for the joint. This condition can be very painful, and can lead to limited motion, or use of the arm.

What Is Rotator Cuff Arthropathy?

Rotator cuff arthropathy is arthritis in the shoulder that has formed due to a chronic rotator cuff tear. The rotator cuff is a group of muscles that help to stabilize the shoulder. You can have a rotator cuff tear without having any specific injury, although previous injuries, prolonged overhead work, age, and genetics can play a role in getting a rotator cuff tear.

As you can see from the provided picture there are different stages of rotator cuff arthropathy that can worsen over time.



Chronic rotator cuff tear, resulting in elevation of the humeral head



Anatomic Total Shoulder Replacement

An anatomic total shoulder replacement is a viable option for patients without a rotator cuff tear, as it involves replacing the arthritic humeral head, and glenoid, which make up the shoulder joint.



Reverse Total Shoulder Replacement



In patients who have a history of a rotator cuff injury, reverse total shoulder replacement surgery is performed. During this procedure, your natural anatomy is reversed, which changes the mechanics of your shoulder and allows for better overall function.

Risks of Surgery

While risk of complications following surgery are low, it is important to understand that they can occur:

- Infection
- Blood Clot
- Nerve or Blood Vessel Damage
- Limited Range of Motion
- Dislocation
- Fracture



You must wait 3 months after surgery before going to the dentist or before having another elective surgery to minimize risk of post-surgical infection. You will require antibiotics prior.



Reducing Your Surgical Risk

Although the risk associated with shoulder replacement surgery is low, certain conditions such as: smoking, uncontrolled diabetes, obesity, narcotic dependence, and alcoholism can increase the risk of complications. If you suffer from one or more of these conditions you may be asked to meet with your primary care physician and discuss how to control these risk factors before surgery to ensure a positive surgical outcome. Some insurance companies require patients to meet these expectations before approving the procedure.

We understand that controlling these risk factors is an incredibly difficult task, however we also want you to have the best possible outcome after surgery.

Tips To Reduce Your Risk



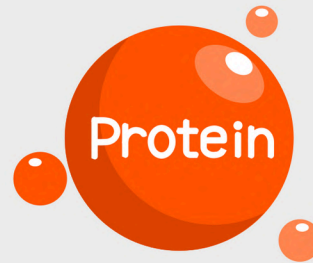
Weight loss in obese patients decreases risk of require additional surgery.



Uncontrolled diabetes increases your risk of infection.



Smoking increases risk of wound complications & infection.



Eating a diet high in protein helps to decrease risk of infection!



Chronic narcotic pain medication use increases your risk of chronic pain after surgery.



Pre-Surgery Checklist

Begin Immediately

- 1 Make an appointment with your primary care doctor** to begin working on any risk factors in order to decrease your risk of postoperative complications.
- 2 Schedule all pre-surgical testing** as soon as possible as it will take several weeks to complete. If the results of your testing are abnormal, you may be asked to see another specialist such as a cardiologist for final clearance. All testing is due to our office 2 weeks before your surgical date. Your surgery will be cancelled if testing is not received.
- 3 Obtain your shoulder brace.** The brace is necessary to your recovery. You will obtain the brace either through our office, or by visiting a designated location in network with your insurance plans.
- 4 Purchase your ice machine.** Ice machines significantly help with controlling pain after surgery. They may be purchased through our office.

2 Weeks Before Surgery

- 1 Ensure all preoperative testing has been received by our office.**
- 2 STOP the following medications:**
 - NSAID's (Ibuprofen, Aleve, Motrin, Meloxicam or Mobic, etc.)
 - All Supplements
 - Medical Marijuana
 - Diet Pills
 - Blood Thinners- per your doctor's instructions

The surgical facility will contact you to discuss any necessary medication adjustments.

1 Day Before Surgery

- 1 Answer any calls from the surgical facility to discuss time of arrival.**
- 2 Make sure you have someone to drive you home from surgery!** We are not able to discharge you to a ride share service, or anyone under the age of 18.

Surgery Day!

- 1 Check in to the facility on time.** Bring your photo ID with you!
- 2 Meet with your anesthesiologist and surgeon** before going in to the operating room.



Options for Anesthesia

You will have plenty of time to ask questions and discuss these options with your anesthesiologist on the morning of surgery. If your surgery is in a hospital, you may be medically indicated to stay overnight in the hospital. The majority of patients having surgery will be released to go home the same day.

General Anesthesia

- Uses IV sedation and gasses to put you to sleep.
- Requires a breathing tube which commonly causes a sore throat after surgery.
- Medications used may cause nausea/dizziness, which can last for 24 hours after surgery.

Interscalene Nerve Block

Nerves in your upper extremity will be numbed with injection medicine before your surgery to reduce your pain and side effects (nausea/vomiting from anesthesia).

Post Surgery Expectations

Pain Expectations

You should expect a moderate degree of pain for the first few weeks. These symptoms are unavoidable and will not completely resolve with pain medications alone. Use of home exercises, ice machines, and leg elevation will help with these normal symptoms.

Normal Symptoms

- Pain
- Bruising along the entire arm
- Difficulties sleeping

Abnormal Symptoms

- Persistent fever or chills
- Persistent drainage
- Extreme calf pain

My Goals For The First Two Weeks

- 1 Keep your brace on in the applied position.
- 2 Resume all normal medications & take pain medications as needed.
- 3 Begin showering 48-72 hours after surgery.
- 4 Perform pendulum exercises as instructed.



If you are experiencing any of the abnormal symptoms above, please contact our office first!

Pain Management

Pain Medication Management

During the first few weeks, narcotic pain medication will be prescribed to you to assist with pain. After pain decreases, we recommend alternating over-the-counter medications. Please first consult your primary care doctor to ensure you are able to take the medications below:

Time (Example)	Medication Name
06:00 AM	Percocet 5/325mg
08:00 AM	Ibuprofen 800mg
10:00 AM	Percocet 5/325mg
02:00 PM	Ibuprofen 800mg
04:00 PM	Percocet 5/325mg
06:00 PM	Ibuprofen 800mg
10:00 PM	Percocet 5/325mg

Ice Machines

Narcotic pain medications will not provide complete relief. Ice machines are highly encouraged and are more effective than regular ice packs in reducing postoperative pain, bruising, and swelling. Ice machines are available in all office locations.

Breg Vpulse



\$500 + Tax

Features include:

- Superior compression for wound healing and swelling.
- Calf compression attachments to prevent blood clots.
- Ability to use the product without ice.

Breg Kodiak



\$150 + Tax

Features include:

- Continuous cold which lasts longer than ice packs.
- Universal pad which can be used for any body part.
- Easy to use machine.



Wound Care Instructions

In most cases your incision will be closed with dissolvable sutures and a clear mesh tape named Prineo as shown. The dissolvable sutures do not require removal in office.



Instructions for Prineo Wound Closure System:

- 1** 48-72 hours after surgery remove the outer dressing: or white adhesive dressing and gauze pads.
- 2** **DO NOT** remove the clear mesh tape (Prineo)
- 3** You may now shower normally. **DO NOT** soak the incision under water.
- 4** **DO NOT** apply lotions, creams, alcohols, peroxide, or any wound cleaning agent to the incision.
- 5** You do not need to cover the incision once outer dressings are removed.

You may also be prescribed a supplemental collagen dressing. The purpose of this dressing is to improve wound healing and decrease risk of infection. Our office will provide specific instructions on the use of this dressing if received.



Using Your Shoulder Brace

Your arm will be placed in a kahuna shoulder brace after your surgery. The brace will be worn for a total of 4-6 weeks after surgery.



DO:

- Remove your brace to shower/for hygiene purposes.
- Remove your brace when changing clothes.
- Remove your brace to perform postoperative home exercises.
- Sleep in your brace

DON'T:

- Don't drive while in your brace for the first 2 weeks after surgery.

Driving Restrictions After Surgery

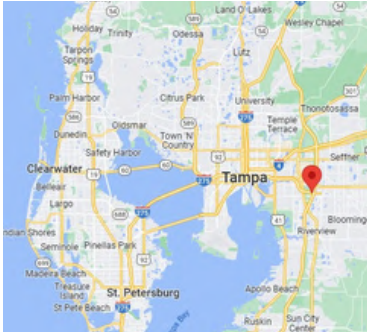
Driving requires total body control, and coordinated function of the upper body (shoulders, arms, hands) for steering and shifting. This includes the ability to actively raise your arm to shoulder height with ease.

- **NO DRIVING** for 2 weeks after surgery while in your sling/shoulder brace
- **NO DRIVING** while taking any narcotic medications (Oxycodone, Hydrocodone, Percocet, Morphine, Dilaudid, etc.)
- **NO DRIVING** until you have normal braking or turning function.
- **NO DRIVING** until you are fully capable of controlling your vehicle.



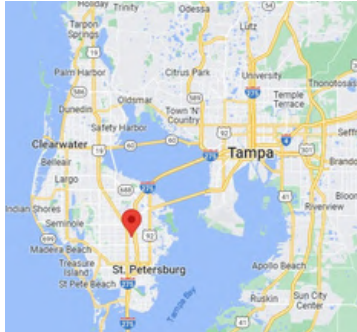
Physical Therapy

- 1** Outpatient physical therapy is coordinated by you! You must start outpatient physical therapy by week 2 after surgery.
- 2** Referrals to physical therapy will be provided to you at your postoperative appointment.
- 3** It is highly encouraged that you attend one of our locations for physical therapy so that we may monitor your progress more closely:

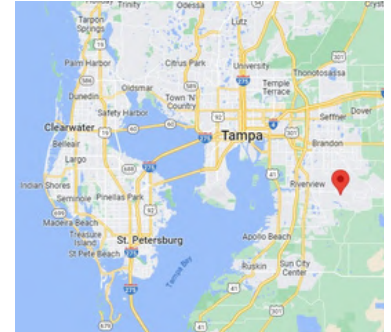


HEALTHPLEX

10740 PALM RIVER RD STE 3102805 54TH AVE N
TAMPA, FL ST. PETERSBURG, FL
813-359-1891 727-306-0459



ST. PETE



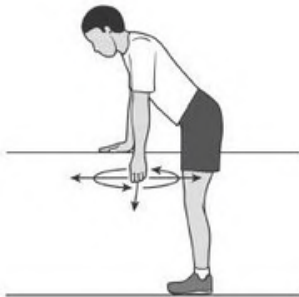
FISHHAWK

13837 CIRCA CROSSING DR
LITHIA, FL
813-536-7622

Home Exercise Program

Please begin these exercises 2-3 days after surgery, or when pain begins to subside.

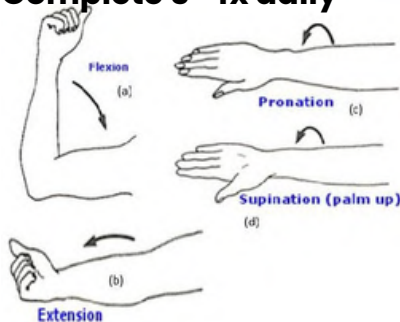
#1 Pendulums Perform: 2 sets of 10



1. Lean forward and place one hand on a counter or table for support. Let your surgical arm hang freely at your side.
2. Gently swing your surgical arm forward and back.
3. Repeat the exercise moving your arm from side-to-side.
4. Repeat the exercises again, in a circular motion.

#2 Range of Motion Exercises

#2: Elbow & Wrist Range of Motion Complete 3-4x daily



Who to Contact for Help After Surgery

In order to receive the best care possible for your specific concern, please use the guide below to understand who to contact for help after surgery:



Orthopaedic Medical Group
813-684-2663

- Concerns regarding pain, or your incision.
- Questions on activities or physical therapy.
- New Injuries to the surgical area.



Primary Care Doctor

- Constipation
- Dizziness or Nausea
- Abnormal blood pressure
- Questions regarding your daily medications.



Emergency Room

- Shortness of breath or chest pains.
- Any other life-threatening event.

How To Contact Us!

1. To get in touch with your care team efficiently, avoid calling your surgical coordinator after your surgery and call our main line at **813-684-2663** instead.
2. **Download the Healow app** to send messages to your care team (preferred method)
 - *You can also check appointments, view your medical records, and complete all paperwork from the app!*

1

Download the healow™ app from App Store (iPhone) or Google Play (Android Phone).

2

Search our practice by entering practice code

Practice Code
CGCJBD

3

Enter your portal username and password to login.

4

Set up your PIN to securely access your health records.



Thank You!

Thank you for choosing Orthopaedic Medical Group for your joint replacements needs. We take great pleasure in the opportunity to care for you. We hope to provide you with great care, which allows you to return to your daily activities and live a pain free life. Please continue to reference this handbook throughout your recovery and contact us with questions at any time.



Interested In Learning More?

Follow us on social media!

