



# Total Shoulder Replacement Patient Education Guide

**Dr. Christopher Donaldson**

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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.



**Surgical Coordinator: 813-754-1199**

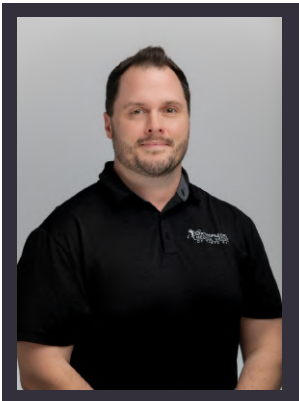


**813-345-4151**



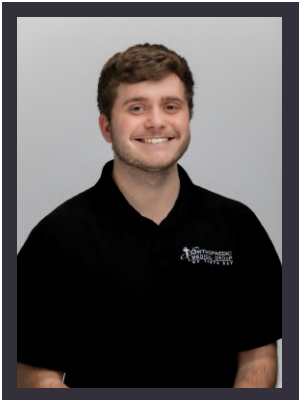
## **Dr. Christopher Donaldson, MD**

Dr. Donaldson completed his medical doctorate at Penn State's College of Medicine followed by a year of orthopedic research at the University of Maryland. He then remained at the University of Maryland to complete his orthopedic surgery training. Following residency, Dr. Donaldson completed a sports medicine and shoulder reconstruction fellowship at The Ohio State University. He then joined Western PA Orthopedics and Sports Medicine where he became partner and later, additionally, President prior to joining the Orthopedic Medical Group of Tampa Bay. Dr. Donaldson has performed thousands of orthopedic cases, including arthroscopic and open repair, joint replacement, reconstruction, revision and fracture cases. He has also contributed to develop several surgical devices and techniques to better patient care and is known for his excellent outcomes and passion for patient care.



## **Colin Chambers, PA-C**

Mr. Chambers, graduated from Ohio University in Athens, Ohio. He received his Bachelor's degree of science in athletic training in 2010. After graduation, he decided to receive his Master's of Science in Physician Assistant Studies from The University of Mount Union in Alliance Ohio. Upon graduation in 2012 he returned to his hometown of Youngstown Ohio, where he gained valuable experience working with a private orthopaedic practice for several years. In 2015, he decided to relocate to Tampa, Florida and began working for Orthopaedic Medical group of Tampa Bay. He continues to strive for the highest level of patient care and enjoys working with a variety of orthopaedic injuries. He additionally serves as the head PA for the practice.



## **Jayson Turner, LAT, ATC**

Jayson was born and raised in Rochester, New York. He moved to Florida to attend The University of Tampa and graduated magna cum laude with a Bachelor of Science degree in Athletic Training. While at The University of Tampa, he worked closely with the men's lacrosse program where he treated a multitude of different sports injuries. During his senior year at The University of Tampa, Jayson worked with the Orthopaedic Medical Group of Tampa Bay Athletic Trainers at Jesuit High School, working with the Jesuit HS football and baseball programs. Jayson is a BOC Certified Athletic Trainer and State of Florida Licensed Athletic Trainer and currently serves as Dr. Donaldson's athletic trainer.



**Surgical Coordinator: 813-754-1199**



**813-345-4151**



# Surgical Facilities & Information

## Preferred Facility

### Orthopaedic Medical Group of Tampa Bay



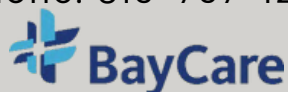
**13837 Circa Crossing Dr  
Lithia, FL 33547  
Phone: 813-535-6647**

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.

## Alternative Facility

### South Florida Baptist Hospital

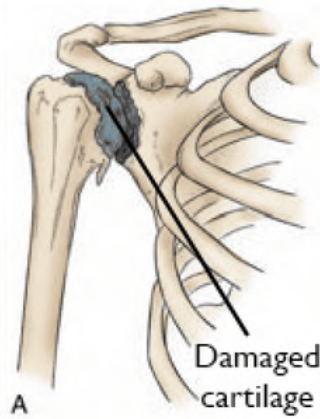
301 N Alexander St  
Plant City, FL 33563  
Phone: 813-757-1200



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



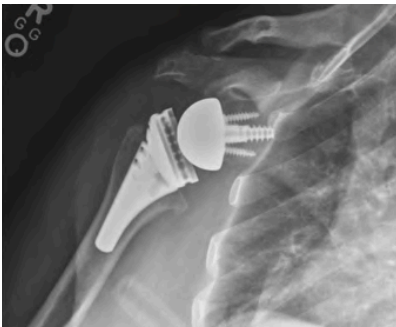
# What Is Arthritis?



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.

## Types of Shoulder Replacement

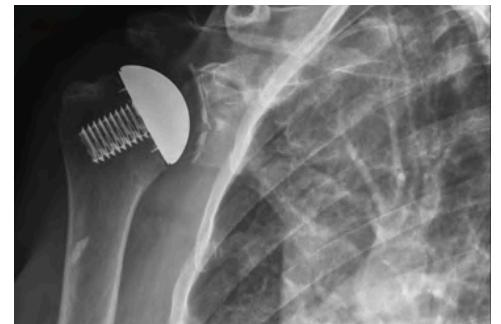
### Reverse Total Shoulder Replacement



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.

### 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.



# 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

## 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.

### 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.



**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.**

# 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. All testing is due to our office 2 weeks before your surgical date. Your surgery will be cancelled if testing is not received.
- 3 Schedule your VIP CT Scan** with your surgical coordinator (Phone: 813-754-4151). This scan will be performed at South Florida Baptist Hospital.
- 4 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.
- 5 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 or Injections (Example: Ozempic)
  - 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.
- 3 Bring your brace/sling with you,** and provide it to the nursing staff BEFORE your surgery.

Plan for someone to be available to help you for the first few days after surgery to recover!

6



**DO NOT eat or drink after midnight on the day before your planned procedure!**



# Computer Assisted Shoulder Replacement

In special circumstances, your surgeon may request preoperative imaging, such as a CT scan, to perform your total shoulder replacement. The Virtual Implant Positioning (VIP) system offers online preoperative planning and includes reusable patient specific surgical instrumentation for total shoulder arthroplasty and reverse shoulder arthroplasty. This is useful for patients who have severe deformities to the shoulder joint, or a history of prior replacement.



Read and watch more about ARTHREX CT VIP by scanning the QR code with your smart phone camera here.



# 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.

## 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).

## 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.

# 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 on the next page.



# Pain Management

## Medication Management: DAY OF SURGERY

During the first few weeks, narcotic pain medication will be prescribed to you to assist with pain. Once your pain begins start taking medications immediately by filling in the chart below. Please first consult your primary care doctor to ensure you are able to take the medications below:

	<b>Naproxen 500mg</b> Taken every 12 hr	<b>Tylenol 1,000mg</b> Taken every 8 hr	<b>Oxycodone 5mg</b> Taken every 4 hr <u>ONCE PAIN BEGINS</u>
<b>Once you arrive at home</b>	X	X	
<b>1 hour after arriving home</b>			
<b>2 hours after arriving home</b>			
<b>3 hours after arriving home</b>			
<b>4 hours after arriving home</b>			
<b>5 hours after arriving home</b>			
<b>6 hours after arriving home</b>			
<b>7 hours after arriving home</b>			
<b>8 hours after arriving home</b>		X	

## Medication Management: DAY 2-5

Continue to utilize narcotic pain medications as shown in the example below. After pain decreases, we recommend transitioning to over-the-counter medications. Refills of narcotic pain medications will not be prescribed.

<b>Time (Example)</b>	<b>Medication Name</b>
<b>08:00 AM</b>	Oxycodone 5mg
<b>12:00 PM</b>	Oxycodone & Naproxen or over-the-counter Aleve
<b>04:00 PM</b>	Oxycodone 5mg
<b>08:00 PM</b>	Oxycodone & Naproxen or over-the-counter Aleve



# Pain Management

## 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



#### 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



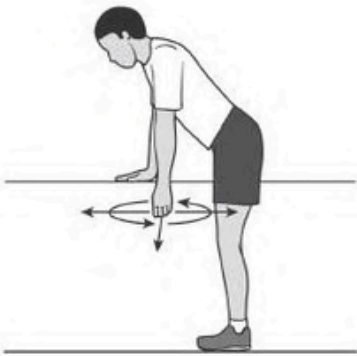
#### Features include:

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

## Home Exercises

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

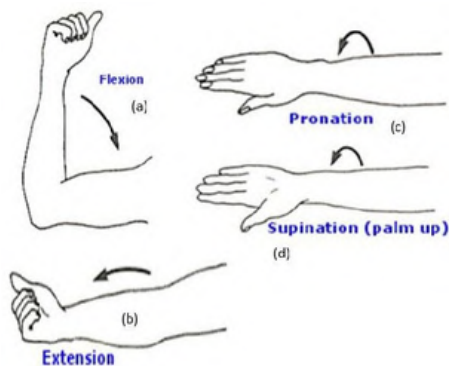
### #1 Pendulums



#### 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



Complete each motion 2-3 times daily.



# 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.



# 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.
- Adjust/change strap lengths 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.



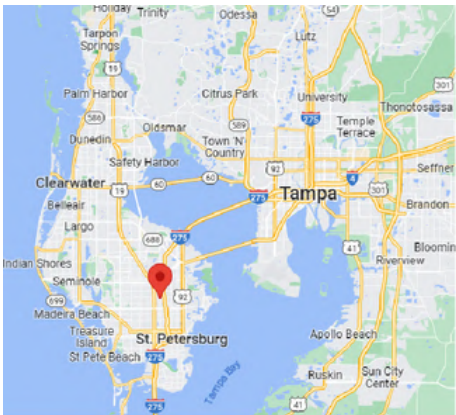
# Physical Therapy

- 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:



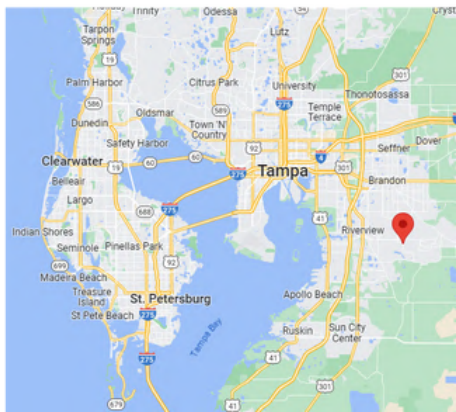
## **HEALTHPLEX**

10740 PALM RIVER RD STE  
310 TAMPA, FL  
813-359-1891



## **ST. PETE**

2805 54TH AVE N  
ST. PETERSBURG, FL  
727-306-0459



## **FISHHAWK**

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



# 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 or general health.



**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, call 813-754-1199

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!**

