



# TOTAL JOINT REPLACEMENT GUIDE

## SHOULDER REPLACEMENT

**ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY**  
**WWW.OMGTB.COM**

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# Welcome Message

Welcome to Orthopaedic Medical Group of Tampa Bay (OMG), and thank you for choosing us for your total joint 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**



**Dr. Christopher  
Donaldson**



**Dr. Bryan  
Butler**



**Dr. Daniel  
Tarazona**



# Meet Your Care Team



We have developed a team of healthcare professionals ready to help you before, during, and after your joint replacement surgery. This team includes your Surgeon, a Physician's Associate, a Nurse Practitioner, a Clinical Athletic Trainer, and your Surgical Coordinator. Each person is trained in Joint Replacement Surgery. By working together, we can give you better treatment and care.

## Physician

Your Physician will be the primary decision maker throughout your care journey.

## Physician's Associate (PA)

These highly trained medical professionals often see patients independently, while maintaining close communication with your surgeon to ensure seamless, high-quality care. In some cases, you may meet with a PA instead of the surgeon- rest assured, the level of expertise and attention you receive remains the same.

## Athletic Trainer (ATC)

Certified Athletic Trainers (ATCs) are an integral part of our care team, helping ensure that your experience is smooth, informed, and well-coordinated from start to finish. ATC's also help the doctor, PA, and surgery coordinator stay on the same page and keep your care running smoothly. After surgery, they may call to check on you and answer any questions.

## Surgical Coordinator:

**Dr. Donaldson & Dr. Butler: 813-754-1199**

**Dr. Tarazona: 813-684-2663 x 505**

Surgical coordinators act as the primary liaison among you, your physician, and the surgical facility. Additionally, they help gather all required pre-surgical testing results and clearances, ensuring that everything goes smoothly for your procedure.

## Surgery Authorization Specialist:

**Dr. Donaldson & Dr. Butler: 813-684-2663 x 155**

**Dr. Tarazona: 813-684-2663 x 156**

Surgery authorization specialists work with you and your health insurance company to obtain authorization and collect any out-of-pocket costs.



# 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 Facilities

### South Florida Baptist Hospital

3202 North Park Rd  
Plant City, FL 33563  
Phone: 813-757-1200

### St. Anthony's Hospital

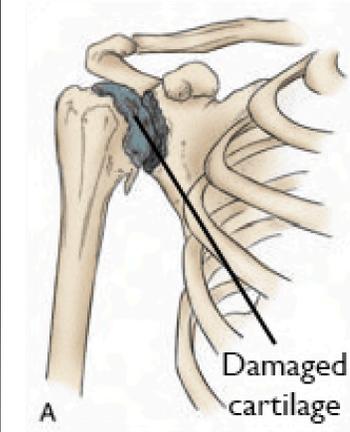
200 7<sup>th</sup> Ave N  
St Petersburg, FL 33705  
Phone: 727-825-1100



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



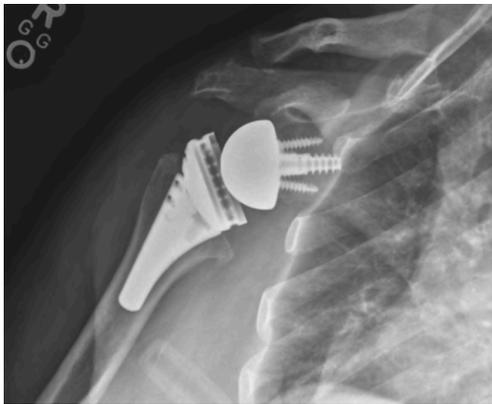
# What Is Arthritis?



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

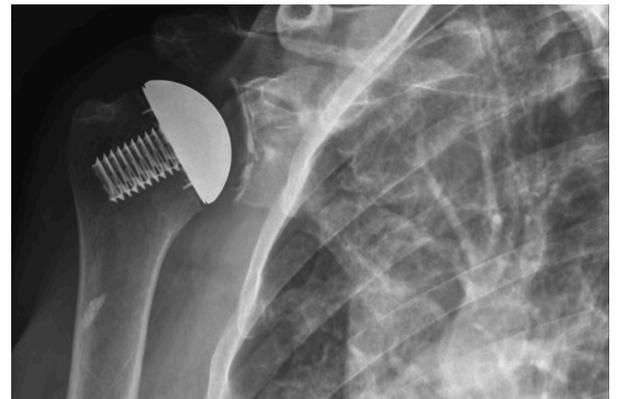
### Reverse Total Shoulder Replacement



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.



# 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.



# Reducing Your Risk 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

## Tips to Reduce Your 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.



### Weight Loss

If applicable—work on weight loss to decrease risk of needing additional surgery.



### Diabetic Control

Work on controlling blood sugars and aim to have an A1C below 7.5 to reduce risk of infection. Talk to your primary care physician about ways to lower your A1C.



### Stop use of Nicotine Products

Stop use of nicotine products such as cigarettes or e-cigarettes. Nicotine will increase risk of wound complications & infection.



### Focus on High Protein Foods

A protein-rich diet can significantly lower the risk of infection. Concentrate on incorporating foods like chicken, fish, eggs, and protein shakes into your meals.



### Decrease Narcotic Pain Medication Use

Using narcotics for a long time can make it more likely that you'll still feel pain after surgery. Try to use these medicines as little as you can before surgery.



# Pre-Surgery Checklist

## Begin Immediately

- Make an appointment with your primary care doctor** to begin working on any risk factors in order to decrease your risk of postoperative complications.
- 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.
- Schedule your VIP CT Scan** with your surgical coordinator at one of our approved facilities.
- 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.
- Purchase your ice machine and TENS unit.** Ice machines & TENS units significantly help with controlling pain after surgery. They may be purchased through our office.
- OMG Surgery Center Patients \*ONLY\*** will receive a text message with a link to complete pre-surgical paperwork. Please complete this as soon as it is received.

## 2 Weeks Before Surgery

- Ensure all preoperative testing results & clearances have been received by our office.**
- 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

- Answer any calls from the surgical facility to discuss time of arrival.**
- 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!

- Check in to the facility on time.** Bring your photo ID with you!
- Bring your brace/sling with you,** and provide it to the nursing staff BEFORE your surgery.



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



# Surgical Fees

Depending on your specific insurance benefits, you may encounter three separate out-of-pocket fees associated with surgery:

## PHYSICIAN FEE

*This fee is collected by our office 2-3 weeks in advance:*

813-684-2663 ext. 155

## FACILITY FEE

*This fee is collected independently by your surgical facility:*

**OMGSC:**  
813-535-6647  
option 3  
**BayCare:**  
813-852-3116  
option 2

## ANESTHESIA FEE

*This fee is billed after your anesthesia is completed*

**OMGSC:**  
727-203-5114  
**BayCare:**  
813-852-3116  
option 2

## POST-OPERATIVE BRACE FEE

A brace is required following your surgery. Many insurances cover this expense, however you may be responsible for an out-of-pocket cost, depending on your specific insurance benefits.

## NAVIGATION PACKAGES & BENEFITS OF NAVIGATION ARTHROPLASTY

Navigation arthroplasty utilizes preoperative planning software that converts CT scans into a 3-dimensional model, allowing your surgeon to virtually plan and guide the appropriate implants into the best positioning for your anatomy before even stepping in the operating room. This results in:

- Improved surgical accuracy
- Lower reported pain scores
- Improved shoulder function following surgery



### Navigation Package

**COST: \$0**

#### INCLUDES:

- Pre-surgical navigational planning

### All Inclusive Package

**COST: \$600**

#### INCLUDES:

- Pre-surgical navigational planning
- VPulse Cold Compression Unit
- TENS Unit

# Financing Options

We are unable to offer payment plans for out-of-pocket (OOP) fees. We have partnered with CareCredit to offer flexible financing options for any fees incurred. You can apply online, or call to discuss your options by visiting:

- **(800) 677-0718** (Monday-Friday 9am-9pm)
- **www.carecredit.com** or scan the QR code below



# 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 and ice machines 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.**



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



# Pain Management

During the initial weeks, you will be prescribed narcotic pain medication to help manage discomfort. Begin taking these medications as soon as you start experiencing pain. It is essential to recognize that medications will not eliminate all postoperative pain. For optimal pain management, utilize medications, home exercises, your ice machine, and a TENS unit. Be sure to consult your primary care doctor first to confirm that you can safely take the prescribed medications.

## Ice Machines

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.



Provides a more comprehensive recovery:

- Cold compression to reduce pain, bruising & swelling
- Wound Compression to reduce operative site inflammation
- This device has a reusable gel pack - no need for ice or water!
- Ultra-portable and lightweight

**Self-Pay Price: \$350 + Tax**

## TENS Unit



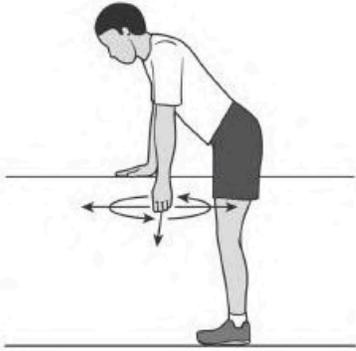
A TENS unit is a small device that sends gentle electrical signals through the skin to help block pain messages from reaching your brain. It can also help your body release natural chemicals that make you feel better, which can ease pain after surgery.



## Home Exercises

Home exercises play an important role in reducing pain, and postoperative swelling. Please begin these exercises 2-3 days after surgery, or when pain begins to subside.

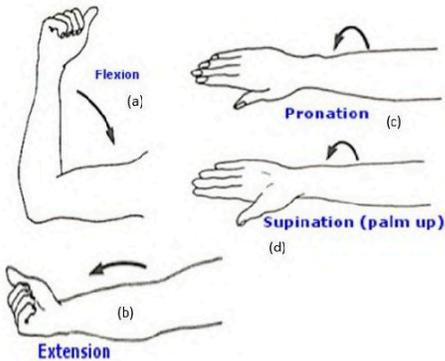
### #1 Pendulums



**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.

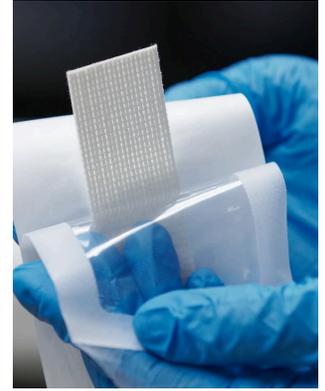


# Wound Care Instructions

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



**Prineo Dressing**



**Sylke Dressing**

## Instructions for Prineo Wound Closure System:

1. 48-72 hours after surgery remove the outer dressing
2. **DO NOT** remove the white or clear mesh tape
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

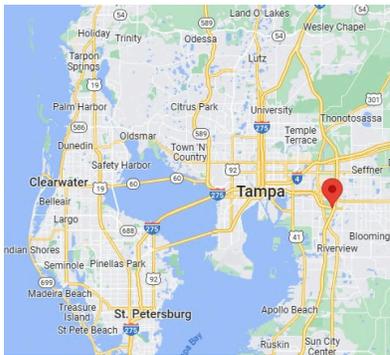
Driving requires total body control, and coordinated function of the upper body (shoulders, arms, hands) for steering and shifting. This includes the ability to actively raise your arm to shoulder height with ease.

- **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.



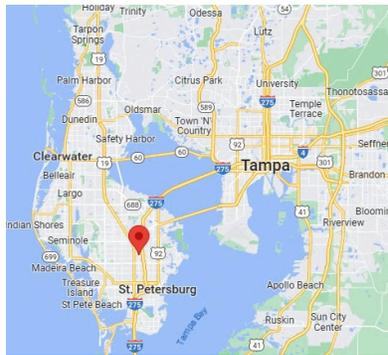
# Physical Therapy

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 preoperative 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:



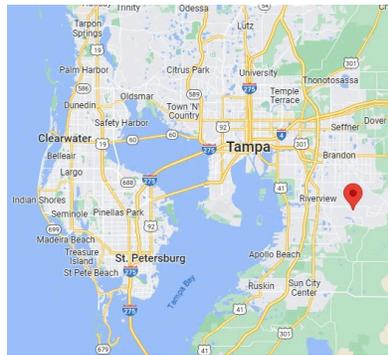
## **HEALTHPLEX**

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



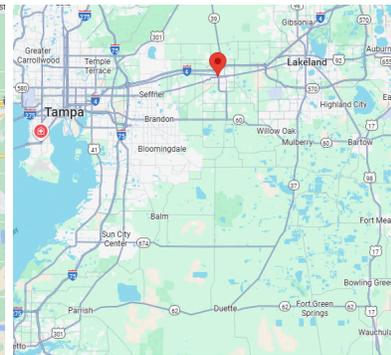
## **ST. PETE**

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



## **FISHHAWK**

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



## **PLANT CITY**

420 N PLANT AVE  
PLANT CITY, FL 33563



# 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.

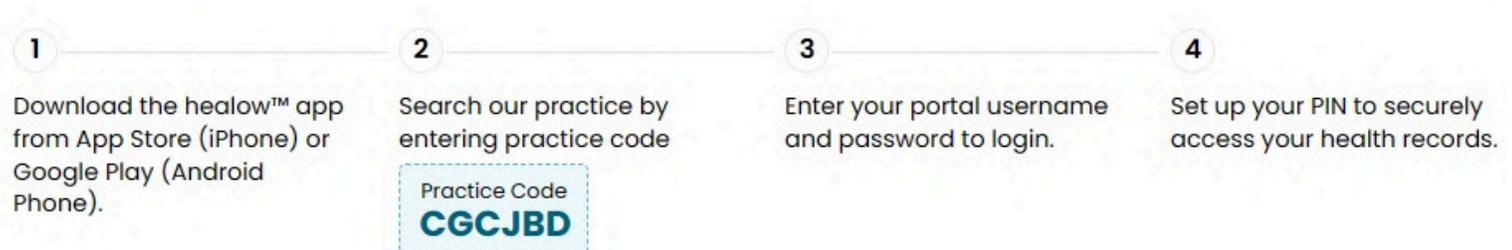


**Emergency Room**

- 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!*



# 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!**

