

Thomas F. Holovacs, MD

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Patient Instructions for Arthroplasty **Shoulder replacement or Reverse Prosthesis**

PRE-OPERATIVE TESTING

We require that you have an **EKG, lab work and written clearance from your Primary Care Provider** within 60 days of surgery. If you are 65 or older you will need an EKG that has been performed within 6 months of your surgery. You must also have an anesthesiology phone screen prior to surgery. A member of the anesthesiology team will call you 1-2 weeks leading up to your surgery.

All patients are required to have a **MRSA/MSSA nasal swab** prior to surgery. If positive this will require 5 days of treatment leading up to your surgery. We will help to schedule and coordinate testing.

*** VERY IMPORTANT: If you have any signs of infection, cough/cold, fever, skin irritation, dental infection (...etc), PLEASE call the office to let us know. It's better that we know and address the issue with you before surgery rather than having to cancel your surgery last minute.***

PLEASE CONSULT OUR OFFICE IF:

- You are having any dental work done. Certain procedures may delay your surgery.

If you are undergoing any other medical procedures/surgeries within 4 months of your scheduled shoulder surgery.

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PRE-SURGICAL MEDICATIONS

- Stop taking the following medications ONE WEEK prior to your scheduled surgery date
 - o Ibuprofen
 - o Motrin
 - o Advil
 - o Aleve
 - o Naproxen
 - o Aspirin (unless otherwise instructed by your physician)
- If you were prescribed a **daily aspirin** by your PCP or cardiologist, **YOU MUST** consult with them before you stop taking Aspirin.
- If you are taking a **blood thinner (such as Coumadin, Heparin, Pradaxa, Plavix, Rivaroxaban)**
 - o **YOU MUST** consult with your prescribing doctor to manage this medication.
 - o Your prescribing doctor will be the one to decide how to manage it – NOT Dr. Holovacs.
 - o IF you take herbal supplements – you should stop taking them 10 days before your scheduled surgery date.

Please apply both **Hibiclens** (you can find this at CVS, walgreens... etc) AND over-the-counter **Benzoyl Peroxide cream** (clearasil) to the entire shoulder for 3 days leading up to your surgery.

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THE DAY OF YOUR SURGERY

- The morning of your surgery you should take a shower and use the Hibiclens (available at cvs, walgreens... etc) on your affected shoulder. If you are the first case you may take your shower the night before just prior to going to bed.
 - o Please apply both Hibiclens (you can find this at CVS, walgreens... etc) AND over-the-counter Benzoyl Peroxide cream (clearasil) to the entire shoulder for 3 days leading up to your surgery. Use the hibiclens in the shower and apply the Benzoyl peroxide cream to the shoulder afterwards.
- Remove all nail polish
- Do not apply any deodorant on the morning of your surgery.
- **DO NOT eat or drink ANYTHING after 10 PM the night before your scheduled surgery. NO chewing gum after midnight.**
- Please make sure that you have made arrangements for assistance/support for after your surgery. This is important to ensure successful recovery once you leave the hospital setting.
 - o All procedures are SAME-DAY discharge

ARRIVAL FOR SURGERY

- Our office will call 1-2 days before your surgery to confirm an arrival time.
- Your arrival time will not be confirmed prior to this call.

IMMEDIATELY AFTER YOUR SURGERY

- You should plan to go home the same day as your surgery.
- Managing pain following hospitalization
 - o If you had a nerve block – it will begin to wear off between 18-24 hours after surgery.
 - o It is normal to have swelling and discomfort after your surgery.
 - o Start your pain medications before you go to bed the night of your surgery. It is best to get ahead of the pain before the nerve block wears off.
 - o Take the first dose around 7 pm the night of your surgery. Continue to take medications as prescribed.
 - o Once the block wears off you will have a more clear idea of what level of pain needs to be managed over the next several days.
 - o We always recommend that you decrease your usage of pain medication as soon as the pain starts to improve. Try to decrease your dosage by spacing out the time in-between doses
 - o Please keep in mind that the pain medication may not completely mask the pain. **BE PATIENT.** Distract yourself. **DO NOT** stay in bed all day. **DO NOT TAKE MORE MEDICATION THAN PRESCRIBED.** If you have additional questions/concerns, call the office to speak with the NP/PA.
 - o We provide Oxycodone for pain. This prescription should only last for 7 days. We typically do not refill the pain medication. Any discussion about additional pain

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medication requires an office visit. Prior to schedule this appointment please contact the PA to discuss. This is a firm policy in place in order to KEEP YOU SAFE.

- You may take Tylenol in addition to your pain medication.
- Common side effects : constipation, itching and nausea
- To help avoid constipation – drink plenty of water in addition to over the counter stool softeners – Colace or Senekot if needed.
- **Sling**
 - This is to protect your shoulder in the initial post-operative phase. A sling will be provided the day of surgery.
- **Ice**
 - Keep the ice on your shoulder for the first 48 hours as much as possible. Change the ice in the machine frequently to keep circulating cold water.
 - Protect any skin in direct contact with the cold pads with a thin shirt or towel while icing.
 - We recommend an ice machine after surgery which is available to buy through MGH. Please see information on our website shoulderwork.com if you are interested.
- **Showering/Bandages**
 - Initial post op bandages should stay on for 48 hours. These bandages are water-tight and you may shower with them on.
 - After 48 hours the bandage can be removed. When showering please cover the area with plastic wrap or another water tight bandage to keep it dry for the next 7-10 days.
 - The steri-strips (thin white bandages on the incision) should remain on the incision until they fall off on their own.
- **Driving**
 - Dr. Holovac recommends that you **DO NOT** drive while in a sling
 - During this timeframe the pain is unpredictable. This puts you and other drivers at risk while you are on the road.
- **Aspirin**
 - Unless instructed otherwise – you will take 325 mg aspirin daily for 30 days. This is mainly for prevention of blood clots after surgery.
 - If you are on any of the following medications you will NOT need a daily Aspirin (unless told otherwise):
 - Plavix
 - Coumadin
 - Lovenox

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- **Temperature**

- For the first couple of days after your surgery you may find that you have a temperature. A fever of 100-101 in the first couple of days is completely normal. If your fever is higher than 101 or if it lasts after the first few days – call the office to make sure you don't have an infection.

What else to look out for: Redness, extreme swelling, warmth, drainage, fever, chills or extreme pain not managed with pain medications. If you have concerns please call the office to discuss.

POST-OPERATIVE APPOINTMENT

- Call Dr. Holovacs office (617-726-0298) to set up your post operative appointment before your surgery.
- This apt will be with the PA, Kendra Margulies, working with Dr. Holovacs 7-10 days after your scheduled surgical date.

PHYSICAL THERAPY

- Your physical therapy can and should take place near to your home
- Your start date for physical therapy will differ depending on your procedure.
 - Anatomic shoulder replacement 3-4 days post op
 - Reverse shoulder replacement 2 weeks post op
- You will receive a PT prescription at your first post-op appointment.

Future Dental or Surgical Procedures:

- Now that you have an artificial joint – we recommend prophylactic antibiotics for any future dental or surgical procedures. Please discuss this with your dentist and your primary care provider for further guidelines, recommendations and prophylactic antibiotic prescriptions.

Important phone numbers

- Dr. Holovacs office: (617) 726-0298
 - Hospital operator: (617) 726 – 2000
- If the office is closed and you are unable to reach someone in the office – call the hospital line and ask for the orthopaedic resident on call to be paged.

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Return to work paperwork, school notes, FMLA, short term disability

Please provide this paperwork as soon as process to make sure it is done in a timely manor, before your surgery. It often takes 7-10 days for turn-around time to please plan accordingly. Make an effort to fill out as much of the personal information (name, address, date of birth, employer...etc) as possible to make the process easier and faster for the practitioner filling out your paperwork.

Dear Patient,