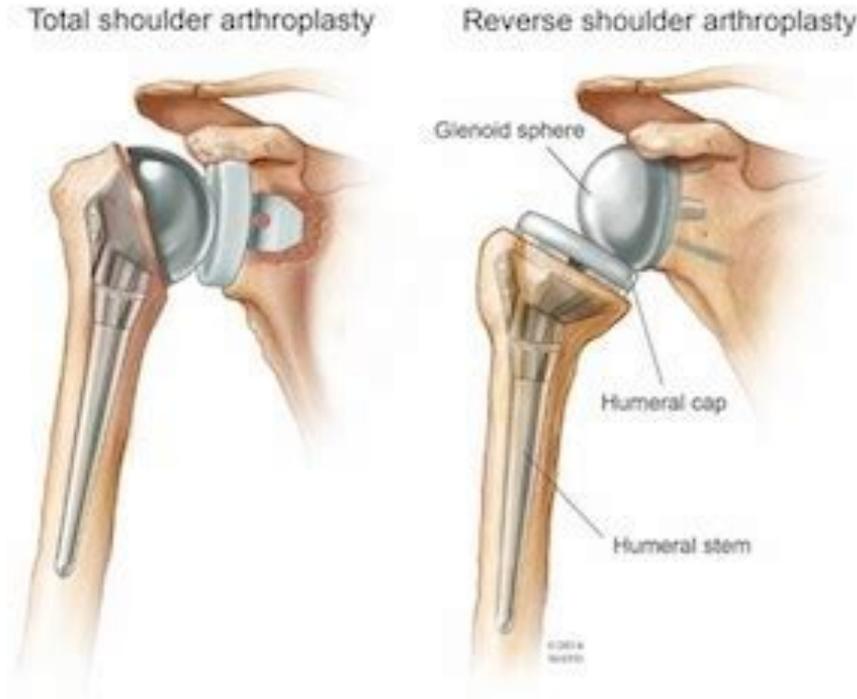


Nicholas Capito, MD

Total Shoulder Replacement Information:



Anatomic Total Shoulder Arthroplasty treats advanced arthritis of the shoulder.

Reverse Total Shoulder Arthroplasty is for patients without functional rotator cuff tendons and/or arthritis.

1) Prior to Surgery:

___ Clearance for Surgery: Letters need to be faxed to the office
Fax # 706-860-7686; Phone # 706-863-9797

___ Labs:

___ CT Scan: If necessary, this will be arranged at Doctors Hospital.

Medications:

- Please have a complete list of your medications to review at your preoperative appointment.
- Please stop taking any Aspirin or anti-inflammatory medications (Advil, Ibuprofen, Mobic, Aleve, etc) **ONE WEEK PRIOR** to your day of surgery.
- Any other blood thinners/anticoagulants will be discussed at your preoperative appointment.

Shoulder Wash:

-Starting **ONE WEEK PRIOR** to your scheduled day of surgery, you need to wash your shoulder daily with an Acne Face Wash that contains **10% Benzoyl Peroxide**. This helps to reduce the bacteria on the shoulder and reduce the incidence of infection. This can be purchased in any drug store or grocery store. Look in the Face Wash section.

2) Surgery: Doctors Hospital (3651 Wheeler Rd, Augusta, GA 30909)

- After checking into Doctors Hospital, you will be taken back to the preoperative holding area to prepare for surgery. You will be taken care of by the nursing staff, evaluated by the anesthesiologist and CRNA, and seen by myself.
- The anesthesiologist will offer you a nerve block that will help to control pain 12-24hrs after surgery.
- Surgery generally lasts 2-3hrs, but it may be 4-6hrs before you are reunited with your family.
- You will be asleep during the entire surgery. You will wake up in the PACU with a sling on your shoulder.
- Once you are ready and recovered from surgery, you will be admitted to the Orthopaedic floor (2 South) for further recovery overnight.

3) Hospital Stay:

- You will spend one night in the hospital after surgery.
- All your home medications will be restarted after surgery. If you take something special, please bring the medication with you in case it is not available in the hospital.
- We will make sure your pain is controlled. The first night after surgery when the nerve block wears off will be the worst pain that you will experience. Some patients require more than just the oral medicine. I will have IV pain medication available for you.
- You will receive IV antibiotics overnight.
- You will also start Physical Therapy/Occupational Therapy the next morning. I will instruct you on various exercises that I would like for you to do at home.
- Criteria for discharge home: Oral pain control, finished antibiotics, evaluated by PT/OT and determined safe for discharge
- If you require home health, make sure to discuss with the case manager.

4) After Discharge:

- You will remain in your sling x 5wks and only come out to shower and do exercises.
- Instructions on the stretching exercises to perform at home will be provided. Most patients do not start PT until after discontinuing the sling 5wks from surgery.
- You may remove your dressing 7days after surgery. You may shower at this time. Let soapy-water wash over the incision and then gently pat it dry. Do not soak in a bath/pool.
- I will see you back in the clinic 2wks after your surgery. Please call if any questions/concerns.(706)863-9797