

Welcome to Central Indiana Orthopedics

Thank you for choosing

Dr. Badman and his team for your shoulder surgery

Our team will work with you and your family and friends to create a smooth process for your shoulder replacement surgery and recovery program with your needs in mind.

Please don't hesitate to contact a member of our careteam with any questions you may have along the way. Remember, no question is too small as we are here to help you through the process.



Meet the care team

Pre-operative testing

2-4 weeks prior to surgery

After your surgery has been scheduled based on your health and other medical conditions and your shoulder condition, additional testing and appointments may be necessary. These include possible preoperative medical clearance by your family physician or possible physician at the hospital where the surgery is performed at. If you see a specialist (Cardiologist/pulmonologist) for a significant medical condition, please notify this/these physician(s) of your upcoming surgery as soon as possible to make sure they are aware and agree that you are safe to have surgery.

Pre-operative testing may include:



Physical examination



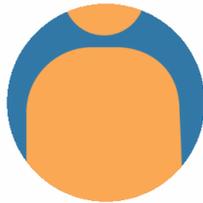
Anesthesia interview



Blood and urine tests



Electrocardiogram (EKG)



Chest X-ray



Stress Test



Review Medications/Supplements



CT Scan of Shoulder

Continue to check your e-mail

We will be sending you additional information leading up to and following your surgery. It is important that you monitor your email and review these materials to stay well informed throughout your care journey. If for some reason you miss an email this care pathway can be accessed at indyshoulder.com under "Patient information".

Thank you!



I understand

What to Expect:

If you would like to be able to view additional material on what to expect after surgery, please click the download button to the right for your procedure.

[Download "Shoulder Replacement" PDF](#)
[Download "Reverse Shoulder Replacement" PDF](#)

Like us on facebook:



- [Dr. Badman Arthroplasty - 3-Weeks Before Surgery \(7951\) \(SMS form fill enabled\)](#)

3 Weeks Before Surgery

Preparing for Surgery



7 days before surgery:

If you are taking Ozempic or Mounjaro it is advised you stop these injections one week prior to surgery as it can impact your gastric emptying. If you are taking blood thinners (coumadin/elequis/lovenox) and can hold these, it is also advised that you stop these beginning 5-7 days before surgery. Please confer with your cardiologist before stopping these and that it is ok with the prescribing doctor to discontinue.



Start 5 Days Before Surgery

Good nutrition is an important part of healing.

A special drink called Impact Advanced Recovery Immunonutrition (Impact AR) or Ensure Surgery Immunonutrition Shake can help. It can lower your chance of infection and other problems and help you get better more quickly after surgery. This can be ordered through online stores such as Amazon or picked up at a local pharmacy. Please order this now so you have it available 5 days before surgery. **If you are doing a preoperative assessment at the hospital, you will be provided these drinks at no added expense.**

Do not drink the protein drink the day of surgery!!!

CAUTION: DO NOT use Impact AR or Ensure Surgery Immunonutrition Shake if you are PREGNANT or have GALACTOSEMIA. IF YOU'VE HAD A TRANSPLANT, BE SURE TO ASK YOUR DOCTOR FIRST before using these products.



Soap & Wipes

We all have germs on our skin and in our nose. Getting rid of these germs before surgery will lower the chance of infection. Your doctor may prescribe a medicine for your nose.

Start 2 Days Before Surgery

Wash your body with Hibiclens. It is a special soap you can purchase at most drug stores that will help lower your chance of infection. Do this 1-2 days before surgery AND THE MORNING OF SURGERY

CAUTION: DO NOT use Hibiclense on the face as it is toxic to the **EYES AND EARS**



Start the Night Before and Morning of Surgery

- 20 oz. of G Series Gatorade **the afternoon before surgery**
- 20 oz. of G Series Gatorade **the evening before surgery**
- 12 oz. of G Series Gatorade **the morning surgery - must be completed at least 3 hours prior to surgery. If for some reason you forgot to do this or your surgery is too early (630am start) it is ok if you miss this drink the day of surgery**
- **DO NOT DRINK THE PROTEIN DRINK THE DAY OF SURGERY!!!**

Please pick this up now so you have it available prior to surgery.

CAUTION: make certain you **STOP ALL SOLID FOODS BY MIDNIGHT** the day **BEFORE SURGERY**, or as directed by your physician! This includes not drinking the protein shake after midnight or the morning of your surgery.

Continue to check your e-mail

We will be sending you additional information leading up to and following your surgery. It is important that you

monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I Understand

Do you use any tobacco Products?

YES

NO

Tobacco Use

Risks of Tobacco Use

If you smoke, chew, or use other nicotine products, you should stop. The tar, nicotine, and carbon monoxide found in tobacco products have serious adverse effects on blood vessels and impair the healing of wounds and bone grafts. If you quit smoking before surgery, you will increase your ability to heal after surgery. By continuing to use nicotine products, statistics show that there can be an increased risk of failure and poor surgical outcome. If you need help with quitting, contact your PCP or a smoking cessation program for assistance



Tobacco Use

Tobacco use before and after your surgery can increase the risk of:



Forming blood clots which can be fatal



Breathing problems



Infection



Impairing bone, skin, and wound healing process



Drug reactions



It is highly recommended that you stop all nicotine use now, 5 weeks before your surgery

I understand

Do you see another physician or receive narcotic pain medication from another physician on a regular basis?

Yes

No

Contacting

Your other Physician

Please contact that physician to let them know that you will be having surgery and to discuss your postoperative pain management.



Confirmation you received this message.

- Dr. Badman Arthroplasty - 19 Days Before Surgery (7952)

- **Scores:** Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep

Introducing Your Care Team: 19 Days Before Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Introducing Your Care Team

Before, during, and after your joint replacement surgery, you will be working with several different people at the hospital or surgery center. These people make up your Care Team. Read on to find out more about them and their role in your surgery

Surgeon:



Dr. Badman is responsible for performing the surgery and monitoring your recovery. You will see Dr. Badman before surgery and he can answer any final questions that you may have prior to surgery.

[Click here to learn more about your surgeon Dr. Brian Badman](#)

Athletic Trainor and Office Leader:



Brad Crackel is responsible for helping manage the office and will be your point of contact with any general questions or concerns. He has extensive experience with

shoulder patients and has worked with Dr. Badman for over 15 years.

[Click here to learn more about Brad Crackel. \(insert hyperlink to brad bio\)](#)

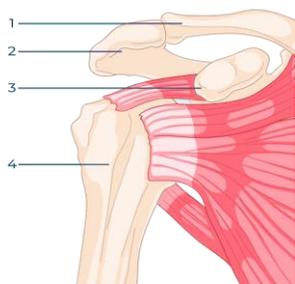
Physician Assistant:



Jenna Nowlin is responsible for assisting Dr. Badman in surgery and in office. She has extensive experience with shoulder patients and may also see you for one of your postoperative visits.

[Click here to learn more about Jenna Nowlin \(insert hyperlink to Jenna bio\)](#)

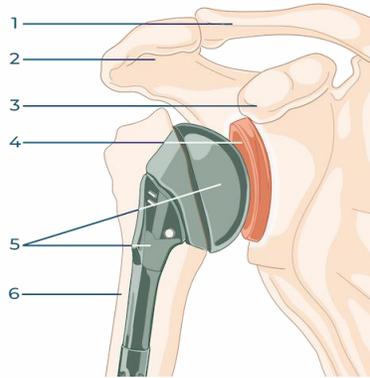
Anatomy Overview



Shoulder Joint

The shoulder joint is a ball and socket joint. Occasionally, the ball and socket can wear down and become painful. Conditions that can affect the bones include arthritis, fracture, or shoulder dislocation.

The shoulder joint is held in place by ligaments and muscles, including the rotator cuff group of muscles which often are associated with shoulder problems. In some situations, both the bone and the rotator cuff muscles can also be damaged.



Primary Total Shoulder

Involves replacing the ball and socket of the shoulder. The ball (humeral head) is replaced with an implant made of smooth, rounded metal.

The socket (glenoid) is replaced with a smooth, rounded plastic cup that fits the head of the ball perfectly. Your surgeon will help you determine if this surgery is best for your condition.

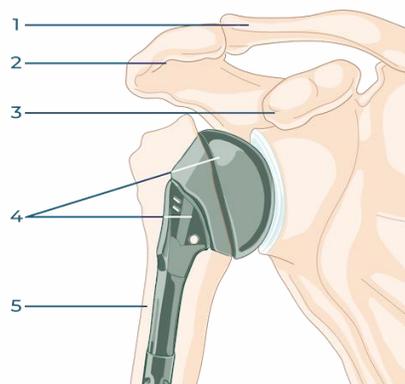
Watch the video below to learn more about Total Shoulder Replacement Surgery



Reverse Total Shoulder Replacement

In a reverse total shoulder replacement, the socket and metal ball are switched. The metal ball is fixed to the socket and the plastic cup is fixed to the upper end of the humerus

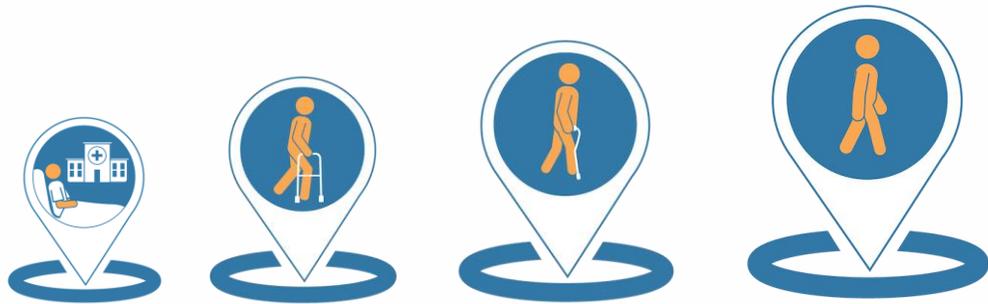
Watch the video below to learn more about Reverse Total Shoulder Replacement Surgery



Hemiarthroplasty

Involves replacing only the ball (humeral head) with an implant made of smooth, rounded metal. This procedure does not replace the socket (glenoid) of the joint. Your surgeon will help you determine if this surgery is best for your condition.

Roadmap to Recovery



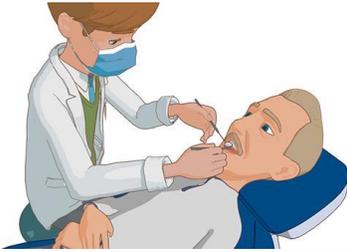
Things to do Before Your Surgery

In order to minimize stress and optimize your outcome, we recommend that you address the following prior to surgery.

Understanding

Insurance Requirements

It is extremely important that you make sure your health insurance plan is active. Our office will contact your plan to obtain prior authorization for your surgery. Please make sure you call your insurance company to understand what your co-pay, deductibles, coinsurance, out of pocket maximum, and other costs may be prior to surgery.



Dental Work

Completing Dental Work

Be sure to schedule and complete any dental work necessary prior to surgery.

Why it's Important Before Surgery

Dental work **cannot** be done for **3 months** after surgery due to increased chance of infection. If you are not immunosuppressed or taking medications that can increase your risk of infection (rheumatoid meds/transplant meds/etc) or if you are not a poorly controlled diabetic then antibiotics before dental procedures are no longer routinely recommended. If you have one of these conditions or are taking these medications then it is still advised.

Tobacco Use

Tobacco use before and after your surgery can increase the risk of:



Forming blood clots which can be fatal



Breathing problems



Infection



Impairing bone, skin, and wound healing process



Drug reactions



It is highly recommended that you stop all nicotine use now, 5 weeks before your surgery

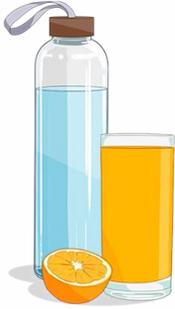
Diet & Fluid Intake

Nutrition

After surgery, you may resume a normal diet. Good nutrition is important in the healing process. It is important to eat a well-balanced diet including fruits, vegetables, and lean protein.

It is not recommended that you eat a heavy or spicy meal immediately after surgery to allow your system to adjust.





Fluids

Be sure to drink at least six 8-ounce glasses of fluids each day. This may include water, juice, or non-caffeinated soda.



Nutrition & Surgery

Good nutrition is especially important when your body is healing. Consider stocking nutritious, easy-to-prepare foods in your pantry and freezer in advance of your surgery. You should also rearrange food, pots, pans, and

other cooking utensils to easy-to-reach shelves and counter tops.

[View Nutrition Tips](#)

Precautions After Surgery

A shoulder joint surgery affects bone, ligaments and muscles, which all need time to heal after surgery. To ensure that your shoulder heals correctly, **DO NOT** try to lift your arm on its own **for 4-6 weeks after surgery**.

Allow the operated arm to relax as much as possible; **DO NOT** actively move the operated arm without assistance from your caregiver, therapist or your other arm. **DO NOT** hold anything more than 1 pound in your operated hand (cell phone, remote).



DO NOT lift your arm



DO NOT lift more than 1 pound

Phase I: Activity at Home

Physical Activity

- Most light physical activity is allowed after surgery, including walking or use of a stationary bike with your sling on.
- Avoid activities that involve jerking, running or jumping due to the forces that occur at landing.
- **DO NOT** lift your arm without the support of the opposite hand, or hold anything greater than 1 pound in the operative hand.



Phase II: Regaining Function

Shoulder Function

- During this phase of recovery, you will be provided exercises to do at home that address your range of motion, strength and ability to do everyday tasks.
- You should expect your progress to be gradual, and will improve with time and strengthening.
- Most patients can expect full recovery and return to pre-injury activities 6-12 months after surgery.
- Some athletic activities are not recommended after a joint replacement surgery.
- Ask your doctor for specifics when returning to normal or recreational activities.



Continue to check your e-mail

We will be sending you additional information leading up to and following your surgery. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Pre-Op Apt for Hospital Clearance (7981) (SMS form fill enabled)
 - Delivered to the patient 20 days before surgery

Pre-Operative Appointment

Pre-Operative Appointment

And Hospital Clearance

If you were told you need a preoperative appointment with a doctor for medical clearance, have you completed this yet?



Yes, No, N/A, I was not told that I need pre-operative testing for medical clearance

If "No":



Please Call our office

Please call our office to discuss your pre-operative medical clearances appointment at [1\(800\) 622-6575](tel:18006226575)

Confirmation you received this message

- Dr. Badman Arthroplasty - 10 Days Before Surgery (7982)
 - **Scores:** *Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep*

Total Shoulder Arthroplasty: 10 Days Before Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Plans After Surgery

We encourage a family member or friend to come with you to your appointments before surgery, on the day of surgery, and stay with you immediately following your surgery. Assemble a team of relatives and friends who can assist you with daily activities. Have someone check in on you every day.



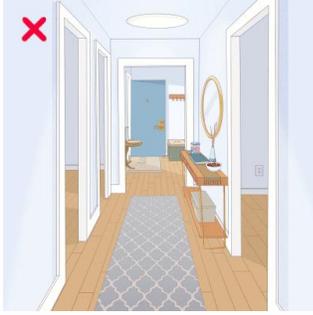
Sleeping Position

You may find it more comfortable sleeping in an upright position in a recliner for the first couple of weeks after surgery. You may want to make arrangements for access to one after your surgery.

Please note, insurance will not cover the cost of a recliner or rental of one.

Walkways

It is important to prepare your home for when you return after surgery in order to reduce the risk of injury or falls. Remove any excess clutter or area rugs.



Meals

Make sure your home is well stocked with frozen or prepared meals, take care of any pressing financial obligations, and arrange for pet care.

Frequent Use Items

Store frequently used items in easy to reach places.



Household Chores

Complete your grocery shopping, laundry, and other chores before surgery. This will make daily activities easier after surgery.

Ice

Plan ahead for what type of ice packs you will be using (gel packs, frozen vegetables, etc.) and have these ready when you return home after surgery. **Ice units are not typically covered under your insurance but can be purchased thru Central Indiana Orthopedics or online.**

Please inquire with Dr. Badman or Brad Crackel if you would like to purchase one.



Transportation

You will not be able to drive after surgery, so someone will need to provide transportation for you. You may resume driving once you are off pain medication. Please use caution and common sense with this. If you feel impaired you should not operate a vehicle.

Practice with Uninvolved Arm

Practice activities around your home using only your uninjured arm, such as bathroom hygiene and dressing.

You will not be able to push or pull with your operated arm including when getting up from a chair or toilet; consider a raised toilet seat if you have difficulty with this activity.

Consider a raised toilet seat



Out of Work Expectations

Most patients are able to return to work within 6 weeks of their surgery, but this period may be as long as 12

weeks. Patients with more active jobs generally take longer to return to work than people with more sedentary jobs. Patients that work at a desk may potentially be able to return to work as quickly as a couple weeks depending on your comfort level.



Preparing for Surgery



Start 5 Days Before Surgery

Good nutrition is an important part of healing.

A special drink called Impact Advanced Recovery Immunonutrition (Impact AR) or Ensure Surgery

Immunonutrition Shake can help. It can lower your chance of infection and other problems and help you get better more quickly after surgery. This can be ordered through online stores such as Amazon or picked up at a local pharmacy. Please order this now so you have it available 5 days before surgery. If you attended a preoperative visit at the hospital you may have been provided these drinks already.

CAUTION: DO NOT use Impact AR or Ensure Surgery Immunutrition Shake if you are PREGNANT or have GALACTOSEMIA. IF YOU'VE HAD A TRANSPLANT, BE SURE TO ASK YOUR DOCTOR FIRST before using these products.

DO NOT DRINK THE PROTEIN DRINK THE DAY OF YOUR SURGERY



Soap & Wipes

We all have germs on our skin and in our nose. Getting rid of these germs before surgery will lower the chance

of infection. Your doctor may prescribe a medicine for your nose.

Start 2 Days Before Surgery

Wash your body with Hibiclens. It is a special soap you can purchase at most drug stores that will help lower your chance of infection. Do this 1-2 days before surgery AND THE MORNING OF SURGERY

CAUTION: DO NOT use Hibiclens on the face as it is toxic to the **EYES AND EARS**



Start the Night Before and Morning of Surgery

- o 20 oz. of G Series Gatorade **the afternoon before surgery**
- o 20 oz. of G Series Gatorade **the evening before surgery**

- o 12 oz. of G Series Gatorade **the morning surgery - must be completed at least 3 hours prior to surgery. If your surgery is first thing (630-7 am) you may skip the morning drink.**

Please pick this up now so you have it available prior to surgery.

CAUTION: make certain you **STOP ALL SOLID FOODS BY MIDNIGHT** the day **BEFORE SURGERY**, or as directed by your physician! Do not drink the protein drink the morning of your surgery.

Continue to check your e-mail

We will be sending you additional information leading up to and following your surgery. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 8 Days Before Surgery (7984) **(SMS form fill enabled)**

Shoulder Sling

You will be issued a
shoulder sling
postoperatively.



Please watch the video below for instructions on using your shoulder sling

Wearing Your Sling

After surgery a sling must be worn for 24 hours per day including while sleeping. A sling will be provided to you after surgery in order to protect your shoulder and ensure the best position for healing.



Tips :

- The elbow should be snug in the corner of the sling.
- Your forearm should be level with the floor, rather than allowing your hand to hang below your elbow. This prevents fluid from collecting in your hand.
- The forearm should be at approximately a 45-degree angle from the body or by your side, as opposed to the front of your abdomen.
- Relax your shoulders away from your ears (do not shrug), allowing the sling to support you. Shrugging your shoulders for too long can result in increased pain and headaches.
- Try to keep good posture with your head up and shoulders back while wearing your sling. This will help your comfort level long-term.

Removing Your Sling

To put the sling back on, reverse these steps.



Undo the velcro across the top of your forearm



Unbuckle the strap around your waist



Unbuckle the remaining strap above your hand



Lower the sling keeping your elbow at a 90 degree angle
and close to your torso

Continue to check your e-mail

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Thank you!



Thank you for reviewing the material!

Did you understand the material?

I Understand

- Dr. Badman Arthroplasty - 5 Days Before Surgery (7986)
 - **Scores:** *VAS Pain, SANE Score, VAS Overall Well-Being, VAS Sleep*

Total Shoulder Arthroplasty: 5 Days Before Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Please see the video and information below for instructions about bathing and medications.



Skincare

Take good care of your skin prior to surgery.

Scratches or wounds on your arm or shoulder from things like yard work, pets, etc. may lead to a canceled surgery.

Medications to Stop

Discuss with your physician when to **stop** any medications you are taking **BEFORE** stopping prescription and non-prescription medications.

Blood Thinners, NSAIDs, Ozempic/Mounjaro

NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) can increase bleeding during surgery by decreasing one's ability to clot blood. They can also slow down bone healing after surgery.

Stop taking:

- Blood thinners (Aspirin)
- Ibuprofen (Advil & Motrin)
- Naproxen (Aleve)
- Celebrex
- Mobic
- Ozempic
- Mounjaro





Medications to Stop

Discuss with your physician when to **stop** any medications you are taking **BEFORE** stopping prescription and non-prescription medications.

Supplements & Herbal Medicine

These can increase bleeding during surgery and interact with anesthesia medications.

Stop taking:

- Calcium
- Echinacea
- Fish Oil
- Ginseng
- Vitamin D

- Garlic
- Glucosamine
- Chondroitin Sulphate
- St. John's wort

Medications to Start

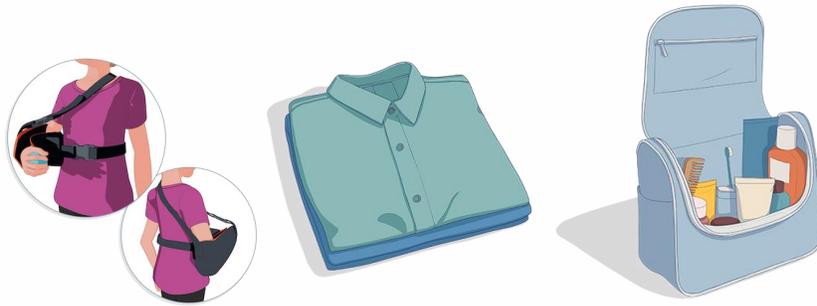
Start taking Tylenol (acetaminophen) 1000mg every 8 hours starting 5 days before surgery and continuing up to 5 days after surgery. This will help reduce the need for taking narcotic pain medication during your recovery

What to Bring to Surgery

Please leave any valuables at home.

- Shoulder sling if you were issued one pre-operatively.
- Comfortable, loose-fitting clothes.
- Personal devices such as dentures, hearing aids, glasses, and contacts.
- A list of current medications, including doses and times you take them.
- Cell phone, laptop, and other electronics.

- o Books and magazines.



What NOT to Bring

DO NOT bring valuables, jewelry, or money!

We do not encourage you to bring valuable equipment, but it is not prohibited. It is suggested that your support person or family members keep these items with them when you are not using them.

Insurance card and identification cards (these may be left with your family or our security office while you are in surgery).



Preparing for Surgery



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pharmacy. Please order this now so you have it available 5 days before surgery. This may have been provided to you if you had a preoperative assessment at the hospital.

CAUTION: DO NOT use Impact AR or Ensure Surgery Immunnutrition Shake if you are PREGNANT or have GALACTOSEMIA. IF YOU'VE HAD A TRANSPLANT, BE SURE TO ASK YOUR DOCTOR FIRST before using these products.



Soap & Wipes

We all have germs on our skin and in our nose. Getting rid of these germs before surgery will lower the chance of infection. Your doctor may prescribe a medicine for your nose.

Start 2 Days Before Surgery

Wash your body with Hibiclens. It is a special soap you can purchase at most drug stores that will help lower

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AND THE MORNING OF SURGERY

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- 12 oz. of G Series Gatorade **the morning surgery - must be completed at least 3 hours prior to surgery. If your surgery is 630-7am you may skip this drink.**

CAUTION: make certain you **STOP ALL SOLID FOODS BY MIDNIGHT** the day **BEFORE SURGERY**, or as directed by your physician! Do not drink the protein drink the morning of your surgery!

Complications

Please call the office immediately if you are experiencing any of the following:

- Rash
- Sore
- Rash & Sore
- Fever
- Diarrhea
- Vomiting
- Coughing
- Congestion



Continue to check your e-mail

We will be sending you additional information leading up to and following your surgery. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



When you arrive on the day of your surgery, check in at the front desk of the hospital upon arrival.

Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 1 Day Before Surgery (7990)
 - **Scores:** VAS Pain, VAS Overall Well-Being, VAS Sleep

Total Shoulder Arthroplasty: Day of Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

**Please watch the 1 day
before Surgery video
below**

TSA - Discharge Planning

Discharge planning starts on the day of your preparatory visit. Your Care Team works closely together to ensure a smooth transition from the hospital or surgery center to the next level of care you may require at home. Our goal is to see you return home after surgery in a safe manner and we will help connect you to Home Care and outpatient services if needed. Formal physical therapy will not

start until after you see Dr. Badman or his physician's assistant at your post-operative appointment, usually beginning about 3-4 weeks after surgery.

Now that you're going home, be sure to follow your surgeon's instructions on how to take care of your new shoulder. Use the information below as a reminder.



No Food

Please remember no solid food **after midnight** on the **day before your surgery**. If you have been instructed to take medication the day of your surgery, you may do so with a small glass of water in the morning. Please drink the

Gatoraid G at least 3 hours prior to your surgery and then nothing more afterwards. Do not drink the protein drink the morning of your surgery.

If you do not follow these instructions, your surgery may be canceled or rescheduled.

Soap & Wipes

We all have germs on our skin and in our nose. Getting rid of these germs before surgery will lower the chance of infection. Your doctor may prescribe a medicine for your nose.

Started 2 Days Before Surgery

Today please wash with Hibiclens both in the morning and before you go to bed. Wash again one more time tomorrow morning before you leave for your procedure. Please wash in your armpit and around the front of your operative shoulder. This will help lower your risk of infection.

CAUTION: DO NOT use Hibiclense on the face as it is toxic to the **EYES AND EARS**



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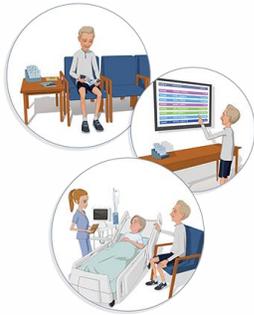
CAUTION: make certain you **STOP ALL SOLID FOODS BY MIDNIGHT** the day **BEFORE SURGERY**, or as directed by your physician! Do not drink the protein drink the day of surgery!

Families: What to Expect

Waiting is typically the hardest part of any experience. The length of time in the operating room and in recovery

varies with each procedure and patient. The average time for shoulder replacement surgery is about one hour.

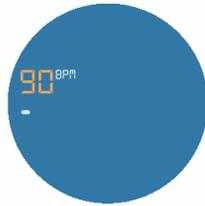
An estimated time will be given by the surgeon prior to the operation. Once the surgery is completed the surgeon will speak to your family about the procedure and inform them of expectations and next steps. Dr. Badman may not speak to you after as typically the anesthesia can impact your memory and you usually won't remember. He will contact you later that evening or the following day to check on your status.



During Surgery

Your family member or friend may wait in the waiting area near the check-in desk during your surgery. Patient status boards are available in the waiting area to give your family and/or friends updates on your progress.

After surgery, your nurse will ensure you resume normal heart rate, blood pressure, breathing, and are able to control your pain. Then, you will be moved to a private recovery room where your family members and/or friends are welcome to visit.



Heart rate



Blood pressure



Breathing



Pain levels

Wearing Your Sling

After surgery a sling must be worn for 24 hours per day including while sleeping. A sling will be provided to you after surgery in order to protect your shoulder and ensure the best position for healing.



Tips :

- o The elbow should be snug in the corner of the sling.

- Your forearm should be level with the floor, rather than allowing your hand to hang below your elbow. This prevents fluid from collecting in your hand.
- The forearm should be at approximately a 45-degree angle from the body or by your side, as opposed to the front of your abdomen.
- Relax your shoulders away from your ears (do not shrug), allowing the sling to support you. Shrugging your shoulders for too long can result in increased pain and headaches.
- Try to keep good posture with your head up and shoulders back while wearing your sling. This will help your comfort level long-term.

Removing Your Sling

To put the sling back on, reverse these steps.



Undo the velcro across the top of your forearm



2

Unbuckle the strap around your waist



3

Unbuckle the remaining strap above your hand



4

Lower the sling keeping your elbow at a 90 degree angle
and close to your torso



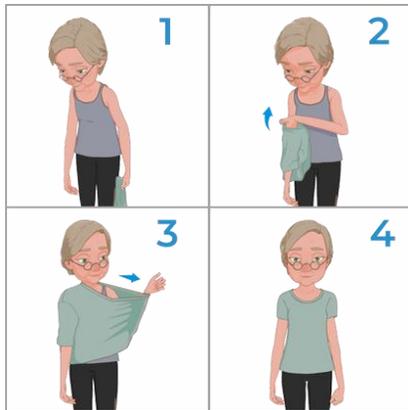
Sleeping After Surgery

Most patients that have shoulder surgery are **NOT** comfortable lying flat on their back to sleep.

We recommend sleeping in a recliner or propped up in a semi-reclined position in bed. Place pillows or rolled towels behind your head, shoulder and elbow to maximize your comfort. Keep in mind that if you sleep in a recliner you will need help using the lever to sit back up.

Getting Dressed: Putting on a Shirt

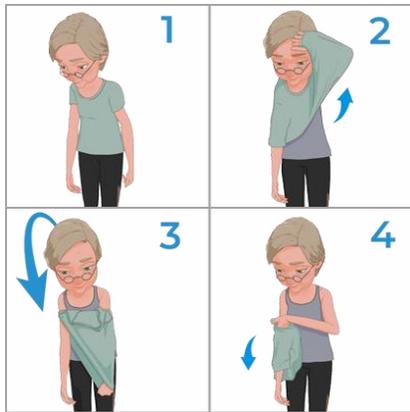
When putting on a shirt after surgery it is important to remember your operated arm **MUST** remain relaxed at all times.



1. Remove the sling and allow the operated arm to hang in front of you.
2. Put your operated arm into the sleeve first.
3. Pull the shirt over your head and unaffected arm.
4. Slowly stand up and adjust your shirt with the unaffected hand. Your caregiver can help you button the shirt if needed.

Getting Dressed: Removing your Shirt

When removing a shirt after surgery it is important to remember your operated arm **MUST** remain relaxed at all times.



1. Slowly lean forward allowing the operated arm to hang in front of you.
2. Use your unaffected arm to bring the shirt up.
3. Pull the shirt over your head with your unaffected arm.
4. Slide your shirt off of the affected arm.

Preventing Constipation After Surgery

There are many causes of constipation after surgery such as general anesthesia, pain medications, physical inactivity, and dietary restrictions.

Exercise

Make sure to exercise when the doctor says it is ok to do so.

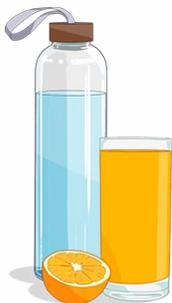


Stay Hydrated

Drink plenty of water and juices.



Caffeinated beverages which act as diuretics can worsen constipation.



Fiber

Eat fiber-rich meals and instead of having 3 large meals a day, instead have 5 smaller meals. Your digestive system performs better this way.

In addition to fiber-rich meals, use of Dulcolax is recommended.



Preventing Blood Clots

Get up every hour and walk around for several minutes or if driving stop every 1-2 hours to get up and walk. Stay hydrated, and avoid alcohol and caffeine. Take 81 mg of aspirin (unless allergic or have stomach/kidney problems) the day before travel, the day of travel, and the day after travel. Continue this for 4 weeks after surgery.



Get up every hour to walk



Stay hydrated



Take 81mg Aspirin

While at the Hospital/Surgery Center

You should receive pain medicine. This is typically sent into your pharmacy or the hospital pharmacy several days before surgery so you can pick them up ahead. If your surgery is at IU West the medications will be sent to the pharmacy on the first floor and your family can pick them up when you are back in surgery. You also learned how to manage the swelling around your new joint, your doctor or physical therapists may have taught you exercises to do at home.



What to Expect at Home

Your shoulder area may feel warm and tender for 2 - 4 weeks and the swelling should go down during this time. Bruising down the arm and into the chest wall can also be normal. Also, you may notice a "lump" on the inside of

your arm above your elbow and right above the pillow. This is caused by gravity and pressure from the pillow and will disappear once the pillow is removed. You may want to make some changes around your home so it's easier for you to take care of yourself.

Wound Care

DO NOT rub the incision, or apply creams or lotions to it.

Keep the dressing (bandage) over your wound clean and dry. The dressing you have is waterproof and is to remain in place until your followup visit. If for some reason it is draining please contact Dr. Badman immediately. Some spotting thru the window of the dressing can be normal.

Inform Your Providers

Tell your healthcare providers about your artificial joint before any medical procedure.

Tell your dentist that you have an artificial joint. Newer recommendations only advise antibiotics beyond three months in patients with a history of immunocompromise or those taking medications that may

weaken your body's ability to fight infection (rheumatoid medications/steroids). If you are otherwise in good health antibiotics after 3 months are not necessary.



Showering

You may shower with your waterproof dressing in place and can remove this when instructed by your doctor. Your doctor will tell you when you can begin taking showers with the dressing uncovered usually after your first postoperative visit. When this begins, let the water run over the incision but **DO NOT** scrub.

DO NOT soak your wound in the bathtub or a hot tub for at least the first 3 weeks.



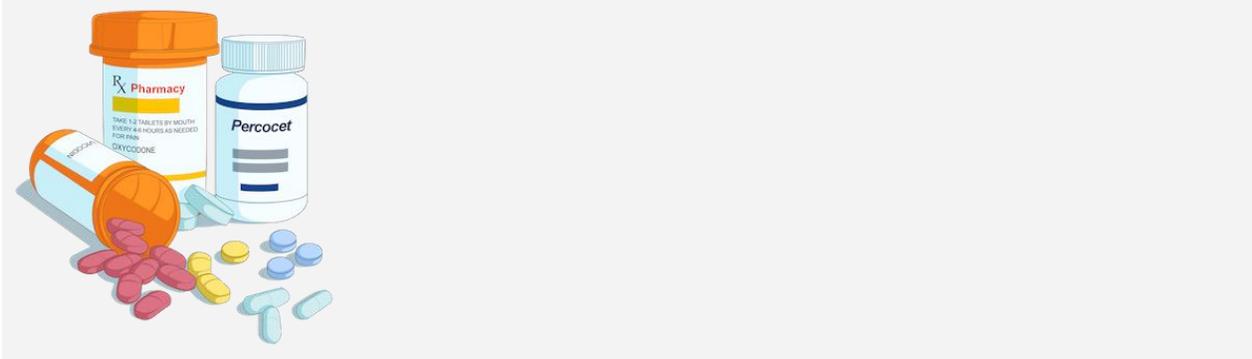
DO NOT bathe



DO NOT use hot tubs

Pain Medications

Your doctor will give you a prescription for pain medications and may have been called into your pharmacy prior to your surgery. Please, pick these up so you have them when you need them. Take the pain medication when you start having pain; waiting too long to take it allows the pain to get worse than it should. Most patients are off the narcotics within 4-5 days after surgery. You may continue to use Tylenol and NSAIDs (ibuprofen/Alleve) in addition and preferably ahead of taking the narcotics.



Don't Drink or Drive

DO NOT drink alcohol or drive if you are taking pain medicines, these medications make you too sleepy to drive safely.

Anti-Inflammatory Medicine

Taking Ibuprofen (Advil, Motrin) or other anti-inflammatory medicines with your prescription pain medicine may also help. Your doctor may also give you

aspirin to prevent blood clots. Typically, 800mg of ibuprofen (Motrin, Advil) can be taken in addition to your pain medications starting the day after your surgery every 6 hours. This can be used in addition to the baby aspirin. Please take this with food and stop if it causes stomach upset. Also, do not use if you have a history of stomach ulceration or an allergy. You should also continue with the Tylenol (acetaminophen) for the first 5 days at 1000mg every 8 hours and then can take as needed beyond five days. Do not take the additional Tylenol if your pain medication also has Tylenol in it.



Preventing Constipation

Narcotic pain medicine (codeine, hydrocodone, and oxycodone) can make you constipated, if you are taking them.

Drink plenty of fluids, and eat fruits and vegetables and other high-fiber foods to help your stools loose.

Activity and Rest

You may need to wear a sling for up to 6 weeks after your surgery, rest your shoulder and elbow on a rolled-up towel or small pillow when lying down.

Keep doing the exercises you were taught for as long as you were told, this helps strengthen the muscles that support your shoulder and ensures the shoulder heals well.





Shoulder Movement

Follow instructions on the safe ways to move and use your shoulder. A little motion to lean over and wash under your armpit is ok. Avoidance of aggressive motion and lifting are not advised for the first 6 weeks after surgery. You may not be able to drive for at least 4 - 6 weeks, your doctor or physical therapist will tell you when it is okay to start driving.

Exercise

Maintain a healthy weight, get help to lose any extra pounds. Walking and use of a stationary bike is ok.



Preventing Infections

If you experience any signs of infection, call the office immediately.

One of the most serious complications facing patients who undergo any surgery is infection. Although infection occurs in only a small percentage of patients, it can prolong or limit full recovery. Please check your incision daily for signs of infection.

Signs of Infection



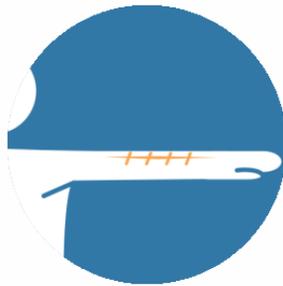
Yellow or green discharge



Change in odor of the discharge



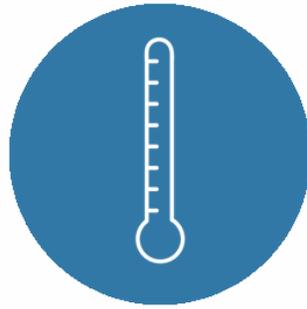
Change in Size of Incision



Redness or hardening of area around incision



Your incision becomes hot to the touch



Fever

When to Call the Doctor

Call the surgeon or nurse if you have any of the following:



- Bleeding that soaks through your dressing and does not stop when you place pressure over the areas
- Pain that does not go away when you take your pain medicine.
- Numbness or tingling in your fingers or hand
- Your hand or fingers are darker in color or feel cool to the touch
- Swelling in your arm
- Your new shoulder joint does not feel secure like it is moving around or shifting
- Redness, pain, swelling, or yellowish discharge from the wound
- Temperature is higher than 101 F (38.3 C)

Continue to check your e-mail

We will be sending you additional information following your surgery. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 1 Day After Surgery (7992)
 - **Scores:** *Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep*

1 Day After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Preventing Blood Clots

Begin taking your pain medication as needed for pain and 81mg of Aspirin daily (unless allergic or have stomach/kidney problems). You will take the aspirin for **4 weeks** after surgery to reduce your risk of a blood clot.

Get up to walk every hour. If driving, stop every 1-2 hours to get up and walk.

Stay hydrated, and avoid alcohol and caffeine.



Take 81mg Aspirin



Get up every hour to walk



Stay hydrated

Please watch the video below for instructions on using your shoulder sling

Removing Your Sling

To put the sling back on, reverse these steps.



Undo the velcro across the top of your forearm



Unbuckle the strap around your waist



Unbuckle the remaining strap above your hand



Lower the sling keeping your elbow at a 90 degree angle
and close to your torso

Continue to check your e-mail

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

Confirmation that I have read this material

- Dr. Badman Arthroplasty - 2 Days After Surgery (7993)

- **Scores:** Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep

Total Shoulder Arthroplasty: 2 Days After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY



Meals

When you return home, you will be eating a regular diet. Your doctor may recommend eating a lot of fruits and vegetables to assist with constipation that can sometimes occur from taking the narcotic pain medication.

Stay Hydrated

Drink plenty of non-caffeinated beverages to avoid dehydration.



Caffeinated beverages which act as diuretics can worsen constipation.



If you have continued nausea and vomiting try to eat small, bland foods such as applesauce, toast, rice or bananas.

If you continue to have problems with nausea, vomiting or constipation, please contact our office directly.

Arm Exercises

You will not start formal physical therapy for your shoulder until after your first post-operative appointment. Dr. Badman will determine when you will start therapy and give you a prescription to start therapy at that appointment.

For now, you may do some gentle range of motion exercises of your elbow, wrist, and hand. You may undo the sling to allow elbow range of motion but try to avoid excessive motion of the shoulder right now when doing so. It is advised you use the sling at all times even when sleeping.

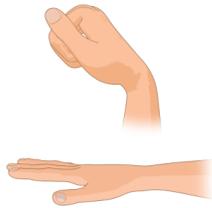
**Please watch the video
below for Range of Motion
exercises**

Range of Motion exercises

Perform these exercises 3-4 times daily, spending about 5
minutes each time



1. Allow your arm to straighten at the side, then gently bend elbow up.
2. Position forearm with thumb facing up.



1. With your arm comfortably supported, gently bend wrist back and forth.
2. Curl the fingers into the palm to make a loose fist and then straighten them out.



Using a hand towel or ball, squeeze it in your hand. Hold for a few seconds, and then relax. Repeat this for 10 to 15 repetitions.



Retraction

While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.



Neck Head Drop

Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can

comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



Side Bend

Sit down, bring head into neck-retraction position, then gently guide right ear towards right shoulder with your hand on your unaffected arm. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.



Rotation

While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your

nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left and right).



Flexion

Sitting down, bring head into neck-retraction position. place your hand from your unaffected side on your head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.



Shoulder Blade Pull

While sitting, bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still,

squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral.

Repeat 5 times.

Please watch the video below for instructions on using your shoulder sling

Removing Your Sling

To put the sling back on, reverse these steps.



Undo the velcro across the top of your forearm



Unbuckle the strap around your waist



Unbuckle the remaining strap above your hand



Lower the sling keeping your elbow at a 90 degree angle
and close to your torso

Pain

You can expect the greatest amount of pain in the first week following surgery. However, the following measures should help to reduce this.



Relaxation

You can expect the greatest amount of pain in the first week following surgery. However, the following measures should help to reduce this.

Taking Medications

If these techniques are not enough to adequately control your pain, contact your physician.

Take your pain medication as prescribed by your physician. The nerve block you received prior to surgery

should wear off within 12-24 hours after surgery. Be sure to begin taking your pain medication before this occurs in order to stay ahead of your pain.

You will know your nerve block is wearing off when you begin to regain feeling and movement in your hand and elbow.

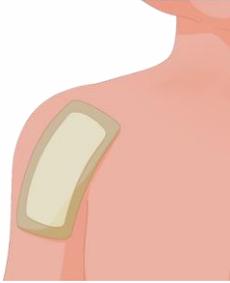
Continue with the Tylenol till five days after surgery taking 1000mg every 8 hours. You may also use ibuprofen 800mg every 6 hours in addition. This can upset your stomach so make sure to take it with some food and do not take if have a history of stomach ulcers or allergy.



Ice

You may use ice constantly for the first 24-48 hours after surgery. Gel packs, frozen vegetables, or an ice machine are recommended. After 48 hours you may use ice for 15-20 minutes every hour as often as needed.

We recommend using ice until your pain and swelling resolve. If these techniques are not enough to adequately control your pain, contact your physician.



Incision Care

You have a waterproof bandage in place and may shower with this beginning on postoperative day 1.

You may leave this in place until your first postoperative follow-up appointment (typically 10-14 days after surgery). If you notice significant drainage after 3-4 days after surgery, please contact the office.

After the bandage is removed, after your first postoperative visit, you may shower with it uncovered but avoid soaking it in a pool or bathtub for about 3 weeks after surgery.

Make sure your armpit is completely dry after showering.



DO NOT use any ointments



DO NOT rub or soap the incision



DO NOT submerge your incision

Complications

Please call the office immediately if you are experiencing any of the following:

- Fevers of more than 101.5F
- Excessive redness of incision
- Shortness of breath
- Drainage from the incision
- Nausea
- Cold arm or hand with discoloration
- Numbness/tingling in affected arm



Preventing Blood Clots

Get up and walk as much as tolerated but at least three times per day. This will decrease your risk of a blood clot



What is DVT or PE?

Deep vein thrombosis (DVT) happens when blood clots form in your vein, and blood flow slows or stops in that vein. Blood clots can break free, travel in your bloodstream, then block blood from flowing into your lungs. This is known as a Pulmonary Embolism Signs and Symptoms of DVT or Pulmonary Embolism (PE).

A PE is a blood clot that forms in the leg, pelvis, or arm veins and travels through the heart and lodges in the lungs.

If you have chest pain, difficulty breathing, or are coughing/spitting up blood go to the closest emergency room **NOW**.

[View DVT & PE](#)

Deep Breathing

Do this at least four times per day until your block has worn off completely

TIP: Position the yellow indicator on the left side of the spirometer to show your best effort.

TIP: Use the indicator as a goal to work toward during each slow deep breath.

TIP: After each set of 10 deep breaths, cough to be sure your lungs are clear. If you have an incision, support your incision when coughing with a firm pillow.



How to use an Incentive Spirometer:

1. Sit on the edge of your bed if possible, or sit up as far as you can in bed.

2. Hold the incentive spirometer in an upright position.
3. Place the mouthpiece in your mouth and seal your lips tightly around it.
4. Breathe in slowly and as deeply as possible. Notice the yellow piston rising toward the top of the column. The yellow indicator should reach the blue outlined area.
5. Hold your breath as long as possible. Then exhale slowly and allow the piston to fall to the bottom of the column.
6. Rest for a few seconds and repeat steps one to five at least 10 times every hour.

If you were not given a spirometer, taking ten deep breaths in and out 10 times every hour can be helpful.

Expectations for Day 3 After Surgery

Your pain level should be starting to decrease gradually over the next few days and you will require less narcotic pain medication. Continue to ice your shoulder regularly to minimize any inflammation and bruising. You should also be taking a 81 mg aspirin daily to decrease your risk of blood clots and the Tylenol (acetaminophen).



**Please watch the video
below for expectations 3
days after surgery**

**Continue to check your e-
mail**

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 4 Days After Surgery (7994)
 - **Scores:** *Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep*

Total Shoulder Arthroplasty: 4 Days After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Complications

Please call the office immediately if you are experiencing any of the following:

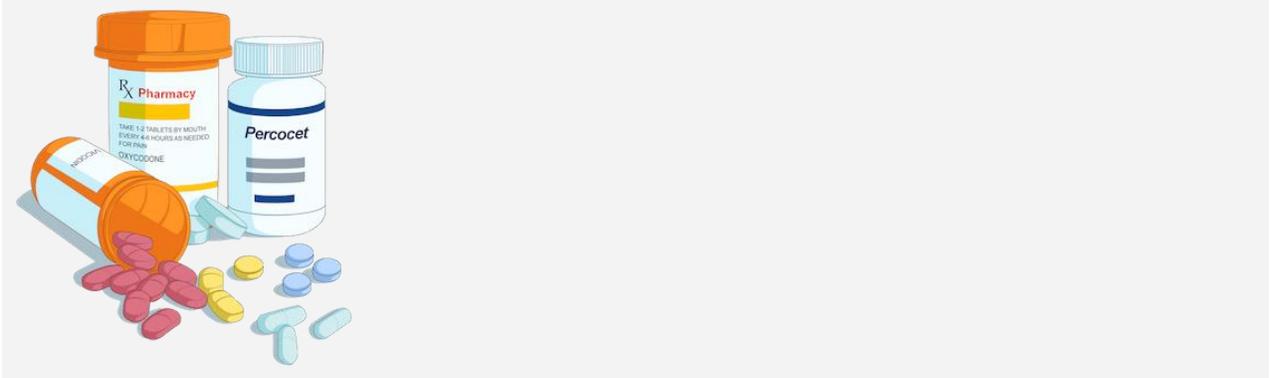
- Fevers of more than 101F
- Increased redness, drainage, or heat around the incision
- Chest pain or difficulty breathing
- Cold arm or hand with discoloration
- Numbness/tingling in affected arm
- Any other unexplained symptoms



If it is after hours you may reach our on-call physician by calling our office number directly at [1\(800\) 622-6575](tel:18006226575). Please note, you may not obtain medication refills through the on-call physician. If it is a life-threatening emergency, NOT RELATED TO YOUR shoulder, call 911. If you think the emergency is related to your shoulder, call our office directly.

Pain Medications

As a general goal, we would like to see patients get off their narcotic medications within 4-5 days. If you are concerned that your pain level continues to require high doses of narcotic pain medication, please give us a call at the office to discuss your pain management.



Pain

You can expect the greatest amount of pain in the first week following surgery. However, the following measures should help to reduce this.





Relaxation

Be sure to keep your neck and shoulders relaxed to help reduce your pain.

Taking Medications

If these techniques are not enough to adequately control your pain, contact your physician.

Take your pain medication as prescribed by your physician and use the Tylenol and anti-inflammatories (Motrin/Advil) as instructed.



Ice

You may use ice constantly for the first 24-48 hours after surgery. Gel packs, frozen vegetables, or an ice machine are recommended. After 48 hours you may use ice for 15-20 minutes every hour as often as needed.

We recommend using ice until your pain and swelling resolve. If these techniques are not enough to adequately control your pain, contact your physician.

Frequently Asked Questions

Here are a few questions you may have about mobility following your surgery.

[See FAQ](#)

If you have other questions beyond those addressed here, please contact a member of your Care Team.

Continue to check your e-mail

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 7 Days After Surgery (7995)
 - **Scores:** SANE Score, *Pain Medication PPD*, *VAS Pain*, *VAS Overall Well-Being*, *VAS Sleep*

Total Shoulder Arthroplasty: 7 Days After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Pain

You can expect the greatest amount of pain in the first week following surgery. However, the following measures should help to reduce this.



Ice

Swelling and bruising can last for several weeks after surgery. In order to minimize these effects, ice your shoulder for 20 minutes every hour.

Some swelling and bruising of your arm at this time is normal. The swelling in the inner aspect of your arm above the elbow is related to the pillow on your sling and the compression in this area. It will resolve with icing and range of motion exercises.

Taking Medications

If these techniques are not enough to adequately control your pain, contact your physician.

Take your pain medication as prescribed by your physician.

Shoulder Exercises

You should continue to use the sling and not use your surgical arm for any activity. It is encouraged that you continue to do gentle range of motion with your elbow, wrist, and hand but do not move the shoulder.

Starting on day 9 after surgery: You may start some gentle pendulum exercises with your arm as shown in the video below.

[See Exercises](#)



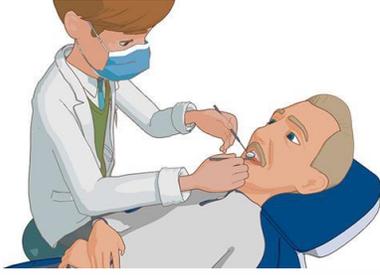
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**Please watch the video
below to view pendulum
exercises**

Activity Restrictions

Dental Work

Do not schedule any dental procedures (including teeth cleaning) or other surgeries for 3 months after your shoulder replacement surgery. Use prophylactic antibiotics prior to any dental visits or other invasive procedures if you have a history of immune compromise or take medications that limit your body's ability to fight infection. **If you are otherwise healthy, antibiotics are generally no longer recommended after routine dental procedures.**



Complications

Please call the office immediately if you are experiencing any of the following:

- Fevers of more than 101F
- Increase in heat, redness, or drainage from the incision
- Shortness of breath
- Cold arm or hand with discoloration
- Numbness/tingling in affected arm
- Any other unexplained symptoms



What is DVT or PE?

Deep vein thrombosis (DVT) happens when blood clots form in your vein, and blood flow slows or stops in that vein. Blood clots can break free, travel in your bloodstream, then block blood from flowing into your lungs. This is known as a Pulmonary Embolism Signs and Symptoms of DVT or Pulmonary Embolism (PE).

A PE is a blood clot that forms in the leg, pelvis, or arm veins and travels through the heart and lodges in the lungs.

If you have chest pain, difficulty breathing, or are coughing/spitting up blood go to the closest emergency room **NOW**.

[View DVT & PE](#)

Continue to check your e-mail

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 2 Weeks After Surgery (7996)
 - **Scores:** SANE Score, Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep

Total Shoulder Arthroplasty: 2 Weeks After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY



Caring For Your Incision

Two weeks after discharge you may begin to get your incision wet while uncovered, unless you have been told by Dr. Badman not to.

You may let water fall over your incision and then gently pat dry.



DO NOT use any ointments



DO NOT rub or soap the incision



DO NOT submerge your incision

Pain After Surgery

Pain is normal after surgery, but it's important that you manage it with icing and elevation and taking your medication as prescribed.

- Ice your joint 20 to 30 minutes a few times per day.
- Try to keep your pain level no higher than a 4 to 5 out of 10.



Progress Goals

2-6 Weeks After Surgery:

- Protect the shoulder
- Prevent shoulder stiffness
- Remember to keep sleeping in the sling for the first 4 weeks

Activities

Use your sling during this period. When you are home and **NOT** moving around it is okay to come out of the sling as long as you are careful and keep the shoulder safe. Your elbow should be tucked in to your side whenever you are out of the sling.

You may use the hand on your operated arm as long as you **DO NOT** rotate your shoulder away from the body.



Range of Motion Exercises

Physical therapists often prescribe specific ROM exercises for each joint. These exercises aim to gently increase the range of motion with attention to the pain, stiffness, and swelling that may be present. There are three types of range-of-motion exercises:

Active Range-of-Motion (AROM): You perform these exercises without assistance.

Active Assistive Range-of-Motion: The therapist helps the patient do these exercises. This may be done if the muscles are weak or when the movement causes discomfort.

Passive Range-of-Motion (PROM): The therapist or equipment moves the joint through the range of motion without any effort from the patient.

Common Joint Exercises

You have been seeing a physical therapist and have been recommended simple exercises, the following range of motions exercises will help to increase strength in the muscles surrounding your surgery.

Doing these on a daily/weekly routine will help to improve your muscle strength and endurance even months/years after surgery.

Extension: Extension is a motion that increases the angle between the bones of the limb at a joint. It occurs when muscles contract and bones move the joint into a straightened position, like straightening the elbow.

Flexion: The opposite of extension, flexion bends the joint so that the joint angle decreases, like bending the elbow.

Abduction: Abduction is moving away from the central axis of the body.

Adduction: Adduction is moving towards the central axis of the body.

Shoulder Exercises

Do your exercises given to you by your physical therapist and/or your doctors' office for as long as prescribed.

[See Exercises](#)





Resuming a Regular Diet

Resuming your diet as tolerated which includes vegetables, fruits, and protein (such as meats, fish, chicken, nuts, and eggs) to promote healing.

Also, remember to have plenty of fluid intakes (at least 8 glasses a day). If you have been told to follow a specific diet, follow as directed.

Building a Healthy Diet

DVT and PE

If you have chest pain, difficulty breathing, or are coughing/spitting up blood go to the closest emergency room **NOW**.

View DVT & PE



Continue to check your e-mail

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Thank you for reviewing the material!

Did you understand the material?

I understand

- Dr. Badman Arthroplasty - 3 Weeks After Surgery (7997)
 - **Notes:** Needs to be assigned through a live environment with HealthGrades link tied to assigning provider.

**Total Shoulder
Arthroplasty: 3 Weeks
After Surgery**

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Please see the video and information below for instructions 3 weeks after surgery.

Complications

Please call the office immediately if you are experiencing any of the following:

- Fevers of more than 101F
- Excessive redness of incision
- Shortness of breath
- Drainage from incision
- Nausea
- Cold arm or hand with discoloration
- Numbness/tingling in affected arm



What is DVT or PE?

Deep vein thrombosis (DVT) happens when blood clots form in your vein, and blood flow slows or stops in that vein. Blood clots can break free, travel in your bloodstream, then block blood from flowing into your lungs. This is known as a Pulmonary Embolism Signs and Symptoms of DVT or Pulmonary Embolism (PE).

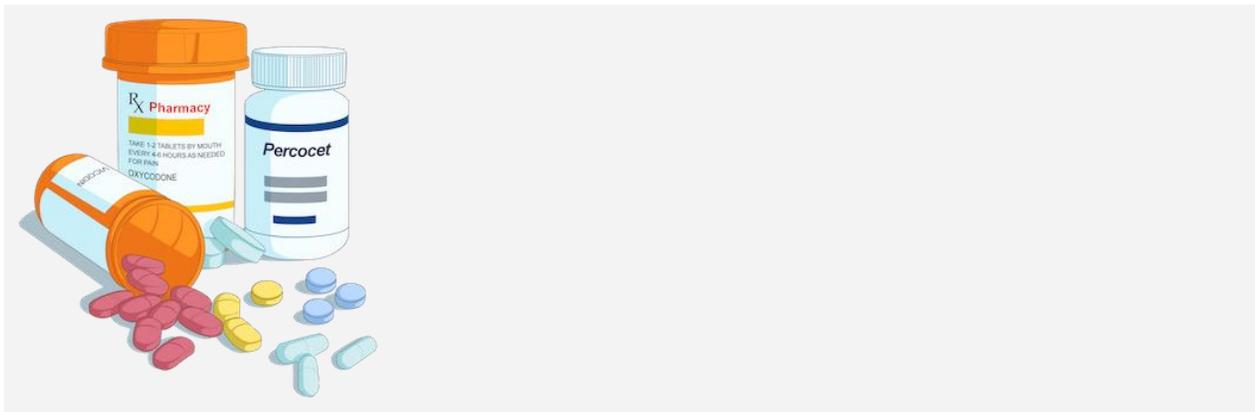
A PE is a blood clot that forms in the leg, pelvis, or arm veins and travels through the heart and lodges in the lungs.

If you have chest pain, difficulty breathing, or are coughing/spitting up blood go to the closest emergency room **NOW**.

[View DVT & PE](#)

Reducing Pain Medications

If you have not already stopped taking your prescribed pain medications, we strongly urge you to stop your use of narcotics that were necessary post-surgery within the next few days. If you are still using narcotics and they are not prescribed by a physician, please call your doctor's office for assistance getting off of them.



Continue to check your e-mail

We will be sending you additional information throughout your recovery process. It is important that you monitor your email and review these materials to stay well informed throughout your care journey.

Thank you!



Confirmation that I have read this information

Thank you for choosing Dr. Badman to perform your surgery.

Were you satisfied with your surgical experience?



Yes

No

How to Review Your Doctor

We would appreciate your feedback. Please go to the Healthgrades link through the button below to share your experience and review your doctor. This will provide us the opportunity to see how we're doing. We strive for quality care and any feedback is important in making sure our goals of quality service are met.

Link to Healthgrades

- Dr. Badman Arthroplasty - 10 Weeks After Surgery (7999)

Scores: SANE Score, Pain Medication PPD, VAS Pain, VAS Overall Well-Being, VAS Sleep

Total Shoulder Arthroplasty: 10 Weeks After Surgery

If you still have questions after reading and answering all the questions below, contact our Care Team.

Do NOT use these reminders for emergencies.

CALL 911 IN CASE OF EMERGENCY

Please see the video and information below for instructions 10 weeks after surgery.



Progress Goals

10-12 Weeks After Surgery:

- Regain full range of motion
- Gradually restore the shoulder strength
- Protect the shoulder repair

Activities

No heavy lifting (Nothing heavier than 20 lbs). Weight should NEVER go behind the head - you should always be able to see them. Therabands are preferred over weights. No sudden twisting -or jerking motion.

Continue with the active and passive range of motion exercises, and be sure to ice your joint as needed.



Range of Motion Exercises

Physical therapists often prescribe specific ROM exercises for each joint. These exercises aim to gently increase the range of motion with attention to the pain, stiffness, and swelling that may be present.

[See ROM Exercises](#)

Shoulder Exercises

Do your exercises given to you by your physical therapist and/or your doctors' office for as long as prescribed.

See Exercises



1



Resuming a Regular Diet

Resuming your diet as tolerated which includes vegetables, fruits, and protein (such as meats, fish, chicken, nuts, and eggs) to promote healing.

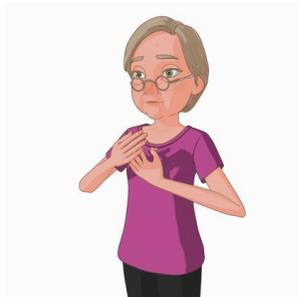
Also, remember to have plenty of fluid intakes (at least 8 glasses a day). If you have been told to follow a specific diet, follow as directed.

Building a Healthy Diet

DVT and PE

If you have chest pain, difficulty breathing, or are coughing/spitting up blood go to the closest emergency room **NOW**.

View DVT & PE



Thank you for reviewing the material!

Did you understand the material?

I understand

