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## PATIENT INSTRUCTIONS

Thank you for trusting The Shoulder Clinic of Idaho with the surgical care for your shoulder or elbow. It is our goal to provide you with the best possible, most up-to-date, and ethical care.

Your clinic appointment prior to surgery is designed to allow time to complete all necessary paperwork, ensure that the necessary medical work-up has been completed, and to allow time for questions to be answered regarding your surgery. During your visit we will discuss your diagnosis, outline the surgical plan, and make arrangements for a safe and successful recovery.

**MEDICATIONS:** Prescriptions for medications will be provided at your preoperative visit or during your hospital stay should you be required to stay overnight. These prescriptions can include pain medication, a stool softener, anti-nausea medication, and when indicated, blood thinning medication to avoid blood clots. If you have any questions about which medications are necessary, please ask your doctor or doctor's assistant. If you plan to go home the same day of your surgery, please make arrangements to pick these medications up before your surgical day, and plan to bring them to the hospital or surgery center on the day of your surgery. The discharging nurse will instruct you how to properly use them prior to your discharge home from the hospital or surgery center.

If you take medications regularly please continue to take your medications as you normally would unless the hospital instructs you otherwise. Let your doctor know if you take a blood thinner, have a bleeding disorder or have a history of blood clots, or if you personally or a family member has had problems with anesthesia. Please also let your doctor know if you take aspirin or "non-steroidal" medications such as Motrin (ibuprofen), Aleve (Naprosyn/Naproxen), Excedrin, Celebrex, Mobic, Coumadin, or Lovenox as these may need to be discontinued prior to your surgery. If you have questions on which medications to take, or not take, ask your surgeon or surgeon's assistant prior to surgery.

**\*\*Please note the following:** Requests for refills of pain medications, if needed, should be made during business hours (8:00 AM – 5:00 PM) by calling 208 323 4747. We need at least 24 hours to respond to requests and are only capable of refilling medications during business hours. If you anticipate running out of medication prior to the weekend or holiday, please plan to call 24 hours prior (e.g. call Thursday prior the weekend) to allow our clinic the ability to properly respond in an appropriate time frame.

**SKIN PREP:** If you have been instructed on skin preparation and cleaning pads these will be provided by the hospital with instructions how to use them. Please be sure to use them as prescribed as they will help prevent infection. Please tell your surgeon if you have a history of infections or have a history of MRSA as this may dictate what type of antibiotics we use to help prevent infection.

**FOLLOWUP APPOINTMENT:** Prior to your surgery you should receive a scheduled date for your first postoperative appointment. If you did not receive a postoperative appointment, please

Speak with your doctor or doctor's assistant prior to leaving so this can be arranged. You will be seen within two weeks of your surgery by your surgeon or surgeon's assistant to ensure your wound is healing appropriately, to review your surgery and post operative rehabilitation, and to address any paperwork needs, such as light duty and work release forms. Additional questions may be answered at this appointment. If you were given photos at the time of your surgery, please bring these to your visit so your surgeon can review them with you.

**PHYSICAL THERAPY:** If physical therapy is required postoperatively, specific instructions will be provided at the first post-operative visit. Postoperative therapy protocols are specific to the surgery performed and each individual patient.

**SURGICAL DAY:** You will be contacted the **day prior** to your surgery by the surgery center or hospital, and you will be given instructions on the time and location of your arrival. Please make arrangements to set aside the entire day for your surgery – even if your surgery is very early in the morning. Expect to arrive early and please be patient. **Do not eat or drink anything** after midnight the night before your surgery, unless specifically instructed by the hospital.

You will meet the anesthesia provider after checking-in on the day of surgery and you will have the opportunity to discuss whether you would prefer a nerve block or other specific anesthesia related concerns. Please tell the anesthesia provider if you or a family member have had problems with anesthesia in the past such as nausea, pain, or malignant hyperthermia.

Your surgeon will see you immediately before surgery to review your paperwork, answer any questions you may have, and to confirm the operative site.

After surgery you will be brought to the recovery room and visitors will be allowed once you are awake. Exceptions may be made for patients under 18 years of age. You must have a friend or family member present to drive you home. An adult must stay with you during the first 24 hours if you are discharged the same day of your surgery.

If you prefer, your surgeon will meet with your designated family, friend, or companion immediately following surgery to discuss the results. If they are not immediately available, your surgeon will discuss the surgery over the phone should you prefer, however you will need to provide a telephone number to your surgeon prior to surgery. Your surgeon will also see you in the recovery room and discuss the procedure and outcome of the surgery, however, most patients are too groggy to remember conversations immediately after surgery. A detailed review of the surgery including arthroscopic pictures, if available, will occur at the first follow up visit. Your nurse can always contact your surgeon if specific questions or concerns arise prior to your departure from the hospital or surgery center.

**DRESSINGS/SHOWER:** You may shower after your surgical procedure; however, the dressing and incision area must remain clean and dry until your first postoperative visit. Your outer dressing may be removed on postoperative **day four**. White steri-strips will cover your incisions – these should remain in place. Yellow antibiotic impregnated tape may overlie the steri-strips. This may be removed with your outer dressing. Once the outer dressing has been removed, the incision area and steri-strips must remain clean and dry until your first follow up appointment. Keep this area protected and/or covered while showering. Most patients prefer to cover their dressing and incision area with **“Press’n Seal”, a GLAD product which can be found at the grocery store**. Do not get your incision wet, do not submerge it in water (e.g. bathtub, pool, hot tub), do not cover it with ointment. A clean outer bandage may be reapplied if necessary to avoid skin irritation. Should it happen to get wet – let it air dry to avoid separation or maceration of the surgical incision.

**ACTIVITY:** You will receive specific instructions at the time of discharge from the hospital or surgery center regarding specific activity which is allowed and not allowed, such as weight bearing, home activity/therapy, brace use and/or sling use. **Avoid vigorous activity and physical exercise unless allowed by your surgeon.**

**DIET:** You can gradually return to a regular diet after surgery. Pain medication can cause constipation and nausea. Drink extra water and eat high fiber foods to help avoid constipation. You will also be given a prescription for a stool softener which we recommend that you use.

**PAIN CONTROL:** If your medications were prescribed prior to your surgery, please bring your pain medication with you on the day of your surgery to receive instructions on proper use. Most shoulder patients find that sleeping propped up in recliner or with large pillows help ease pain and swelling after shoulder surgery. If your surgery involved the elbow, this area should be elevated on a pillow to avoid swelling. If you received a nerve block, take pain medication before you go to sleep on the night of surgery—the block will wear off while you are sleeping.

**ICE THERAPY:** Ice can help ease pain and swelling, however it can be dangerous, particularly if you received a nerve block and your skin is numb. Avoid ice until your nerve block has completely worn off to avoid burning/freezing your skin or harming your surgical area. Never apply ice or cold therapy directly to your skin. You must cover your skin and surgical area with clothing or a clean towel. Use only for twenty minutes at any given time. It may be reapplied 6 to 8 times throughout the day but only after an hour between each use. Be sure you do not freeze or burn your skin – **regular ice can get too cold and can harm you. Never use dry ice – this will harm you.** Be sure to check your skin regularly during use and do not exceed these recommendations.

**DRIVING:** Driving is not allowed while using narcotic pain medication nor while using a sling. You must not be impaired if driving a vehicle.

**REMEMBER:** Keep your steri-strips on until follow up. Keep the incisions clean and dry. If you experience any of the following, call your doctor or present to the emergency room:

1. Steadily increasing pain or swelling not relieved by elevation/ice/medication
2. Redness, warmth, or increased tenderness of the surgical incisions or joint
3. Bleeding or drainage from the incision site that does not stop
4. Operative extremity and/or fingers that become cold to the touch, blue, tingly, and/or numb
5. Temperature >101.5°F
6. Unexpected reaction to medication

Chest pain or shortness of breath after surgery is an emergency—call 911.

**CONTACT NUMBER:** Questions that may arise please call:

208 323 4747

Thank you for trusting us with your care.

April Reed, R.N.  
Michael Nieraeth, P.A.-C  
Joseph R. Lynch, MD

Follow up Appt Date: \_\_\_\_\_  
Time: \_\_\_\_\_

# The Shoulder Clinic of Idaho

Joseph R. Lynch, MD  
Michael Nieraeth, PA-C  
April Reed, RN

8854 W. Emerald Street, Suite 102 Boise ID 83704  
208-323-4747 Fax 208-323-4848  
Toll Free 866-786-9400

**Patient Name:** \_\_\_\_\_

**Surgery Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

(Please keep the day of your surgery free of other commitments. Your surgery time could be changed by the facility and you may be asked to come in earlier than planned that day.)

## Surgery Location:

- Treasure Valley Hospital    St. Alphonsus Hospital    St. Luke's Meridian  
 St. Luke's Orthopedic Surgery Center (1425 W. River Street in Downtown Boise)

**Pre-Operative Appointment @ Dr. Lynch's office - Date and Time:**

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**Pre-Admission Appointment @ Hospital - Date and Time:**

\_\_\_\_\_

**Post-Operative Appointment @ Dr. Lynch's office - Date and Time:**

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Please bring driver's license and insurance card with you to the hospital.

If you are on any daily medications, please bring them with you to the hospital. If you are a diabetic, please bring your medication. Discontinue all anti-inflammatory drugs (Celebrex, Ibuprofen, Naprosyn) and aspirin ten (10) days prior to surgery.

If patient is a minor, one parent or guardian must stay at the hospital until patient is out of the Recovery Room.

**Do not eat or drink anything (including gum, hard candy, chew tobacco, etc.) after midnight the night before your surgery. If you do, your surgery may have to be rescheduled.**

If you catch a cold or other ailment or notice any change in your physical condition, notify Dr. Lynch.

The night before or morning of surgery please bathe or shower. Also remove fingernail polish prior to arriving at the hospital.

Wear comfortable shoes and clothing. If you will be wearing these home, be sure they are easy to put on after surgery. Large, button-up shirts or a large t-shirt that can be cut up the side is best.

Don't wear contact lenses, make-up, earrings, or jewelry. If you must wear contacts, bring your storage case. If you wear dentures or hearing aids, they will be removed in the hospital's pre-operative room and returned to you after surgery.

Get a good night's rest before your surgery. Leave your valuables at home for safe-keeping.

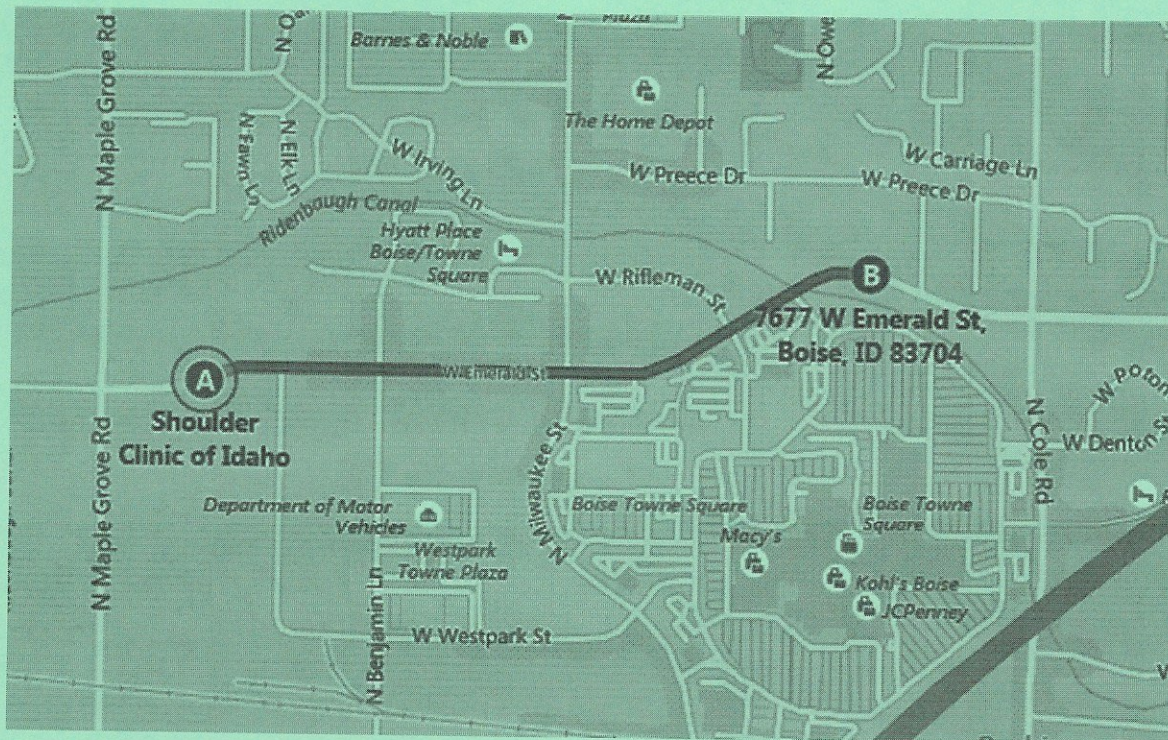
**If you have any questions, please call our office at 208-323-4747.**



### Shoulder Immobilizer/Sling

The Shoulder Clinic of Idaho uses Ascend Medical for their shoulder immobilizers/slings.

A representative from Ascend Medical will be contacting you prior to surgery in order to get you fitted for a shoulder immobilizer/sling.



**Ascend Medical, LLC**

**Address: 7677 W Emerald St, Boise ID 83704**

Contact: Shelley Farnsworth

Phone: 415-302-6962

**Office Phone: 208-321-1800**

Fax: 208-391-4542