

SHOULDER SURGERY PREOPERATIVE INSTRUCTIONS

It is an honor and privilege to care for you. Please read the following information carefully and reference it if you have any questions regarding your upcoming surgery.

Name _____

Date of Surgery _____

Facility _____

Postop Visits _____

- ☐ You will not find out your exact arrival time until the day before surgery.
- ☐ The surgical facility will call you late afternoon the day before your surgery with important information and arrival time.
- ☐ I will meet with you briefly before surgery, and if authorized, with whomever has accompanied you following surgery.
- ☐ You will receive discharge instructions and when appropriate, a prescription for pain medication will be sent electronically to your pharmacy.

Directions to the surgical facilities are available at pbhts.com. Please plan on being there for 4-8 hours.

PREOPERATIVE TESTING

- ☐ Preoperative testing is not required.
- ☐ We have communicated the requested preoperative testing to your medical care team.
- ☐ Please schedule to have the bloodwork and testing listed on the prescription from my office.
- ☐ Schedule CT and bring CD to our office ☐ Schedule MRI

PREOPERATIVE RISK ASSESSMENT (MEDICAL CLEARANCE)

- ☐ Preoperative risk assessment is not required.
- ☐ Please schedule an appointment with your **primary care physician / cardiologist** to assess your fitness for surgery at least 2 weeks before, but not more than 30 days prior to your scheduled surgery.

MEDICATIONS

- ☐ **Unless otherwise instructed by prescriber, stop these medications 5 days prior to surgery:**

aspirin	apixaban (Eliquis)	Clopidogrel (Plavix)
celecoxib (Celebrex)	dabigatran (Pradaxa)	fish oil, CoQ10, vitamin E
diclofenac (Voltaren)	ibuprofen (Advil, Motrin)	prasugrel (Effient)
meloxicam (Mobic)	rivaroxaban (Xarelto)	all other blood thinners
naproxen (Aleve)	warfarin (Coumadin)	all herbal supplements

- ☐ **Stop GLP-1 medication injections one week prior to surgery, oral medication three days prior to surgery.**
- ☐ **Stop all testosterone medication, even if physician prescribed, one month prior to surgery.**
- ☐ Stay on your beta blocker unless otherwise instructed.
- ☐ Follow your medical doctor's advice on all other blood pressure medication.

REMINDERS FOR THE DAY BEFORE SURGERY

- ☐ **Do not eat or drink anything after midnight the day before your surgery.**
- ☐ Bring an empty tote bag large enough to fit your clothing and shoes to the surgical facility.
- ☐ Patients with medium-long hair length, please tie your hair back neatly with a hair tie.
- ☐ Leave valuables at home.

SURGICAL SITE PREP

- ☐ Use over-the-counter benzoyl peroxide (acne) wash to cleanse the shoulder and underarm daily for one week prior to surgery. Some examples are the generic brand of Clearasil or OxyClean.
- ☐ Take a shower the night before surgery and use ½ the soap packet to cleanse the surgical shoulder thoroughly.
- ☐ Sleep on clean sheets the night before surgery.
- ☐ On the morning of surgery, take another shower and use the rest of the soap packet to cleanse the surgical shoulder thoroughly.
- ☐ Do not apply deodorant, powder or lotions.

ICE MACHINE RENTALS

- ☐ For ice machine rental, contact Jim “The Iceman” at (561) 876-6796 as soon as possible. Availability cannot be guaranteed on short notice. This is recommended, but not required.

CLOTHING

- ☐ Wear an oversized button down shirt to the surgical facility.

SLING

- ☐ **If you were fitted for a sling, please remember to bring your sling to surgery.**

HOME EXERCISE PROGRAM

- ☐ Study the post op exercises and bring the copy with you to your first appointment after surgery with Dr. Diaz. **Unless otherwise instructed, do not begin the exercises prior to your first post-op appointment.**

HOW TO GET IN TOUCH WITH US

For questions regarding your surgery, please message Carole Ciolek on via portal, email at cciolek@toi-health.com, or call (561) 746-7686. If sending an email please make the subject of the email your full name.

INSURANCE AND PAYMENT

We can only provide pricing information for surgeon professional service fees. Inquiries related to facility fees, anesthesia services, and implant costs should be directed to the surgical facility. We encourage you to clarify any uncertainties about coverage and individual financial responsibility directly with your insurance and the surgery center or hospital.

I look forward to taking care of you.