



Justin Khoriaty, M.D.



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# Shoulder Replacement Guide

For Patients of Dr. Justin Khoriaty

## Introduction

Thank you for choosing Iowa Ortho for your elective joint replacement surgery. You have discussed the specifics of your surgery with your surgeon, but we'd like you to review this handout which will explain what to expect leading up to surgery, how to reduce your risk of complications, and how to have the best possible outcome from surgery.

You will work with your surgeon's surgery scheduling nurse and triage nurse throughout your care. If you have any questions or concerns at any time, please call our office at 515-247-8400. Iowa Ortho surgery scheduling nurses and triage nurses are available 8AM-5PM, Monday through Friday. If you call after business hours, you will be routed to the physician on call. In the case of an emergency, please go to the emergency room.

*Some elective total joint surgeries can be performed in an outpatient setting. Your surgery scheduling nurse will discuss this option and provide further information if you are a candidate.*



Dr. Khoriaty has discussed the post-operative use of a cold therapy device. Cold therapy is highly recommended as it helps reduce pain and swelling, speeding up rehabilitation. You can purchase the device directly from Iowa Ortho prior to surgery. If you have any questions regarding the purchase or use of the device, please call 515-247-8400.

## Pre-Surgical Care Process

### 1. You Will Be Contacted By Your Surgery Scheduling Nurse

Following your appointment with your surgeon, you will be contacted by a surgery scheduling nurse. This nurse will not only help coordinate care prior to surgery, but will also schedule your surgery and your first post-operative appointment.

**Short-term Disability and FMLA:** If you need to complete short-term disability or Family Medical Leave Act (FMLA) paperwork, please bring the forms to our office prior to surgery. There will be a charge for this service.

### 2. If Needed, You Will Undergo Specialty Provider Clearance

If you normally see a specialist for your lungs, heart, diabetes and/or kidneys, you may need their approval prior to surgery. Your surgery scheduling nurse will let you know what clearances are needed and when to get them.

### 3. You Will Be Contacted By Your Surgery Scheduling Nurse to Schedule Surgery

Once you have obtained specialty provider clearances, your surgery scheduling nurse will work with you to schedule your surgery. If the specialty provider notes indicate that you may not be a candidate for surgery at this time, we will notify your surgeon of the appointment findings and assist you in determining next steps for your joint pain.

### 4. Iowa Ortho Will Complete Insurance Verification

Our staff will contact your insurance company and obtain any preauthorization required for your surgery. This normally takes a few days once your surgery is scheduled. We will notify you if we have any questions.

### 5. You Will Undergo a Pre-Operative Physical

7-14 days prior to your surgery, your primary care provider will need to make sure you have good general health. This may include an EKG, blood work, and an examination. Your Iowa Ortho surgery scheduling nurse will provide information and dates for the appointment. **Your pre-operative physical must be completed between 7-14 business days before surgery OR within the dates provided by the surgery scheduling nurse. If not completed in the proper time, your surgery may be canceled.**

## Case-Dependent Pre-Surgical Care

Your surgeon may recommend additional pre-surgical appointments depending on your specific health needs.

**Bone Health Clinic Appointment:** Your new joint will depend on a strong foundation of bone. To assess the strength of your bones, we will collect a blood sample and you may need a bone density test at our Imaging Center. You will meet with one of our Bone Health Clinic providers to review results and discuss your bone health as it pertains to your joint replacement.

**Pre-operative Occupational Therapy:** Your pre-operative evaluation and screening appointment with Select Physical Therapy includes assessments and measurements that will allow us to make tailored recommendations designed to enhance your surgical outcome. You will receive education on what to expect during the recovery period to ensure you and your caregiver(s) are well prepared after surgery.

## Day Before Surgery

You will receive a phone call from the surgery center with pre-surgery instructions. Please be prepared to take notes during the phone call - we have listed the 2 most important instructions below.

**A.** You will be instructed to shower with a special soap - Hibiclens. This reduces the risk of post-operative infections. Hibiclens is available over the counter at most pharmacies.

**B.** You will be instructed to make sure you do not eat or drink anything after midnight before your surgery. An empty stomach reduces your risk of complications during surgery. They will also tell you what medication you can and cannot take the morning of surgery.

## Surgery

Following all pre-op preparation, you will be escorted to the operating room as your family and/or friends are directed to the surgical waiting room. Inform your nurse of the friends and family that are waiting for you. In the operating room, the surgical team will work to ensure your procedure goes smoothly.

## After Surgery

You will be in the recovery room until you wake up from anesthesia. If you are spending the night at the hospital, you will then be moved to your room. The goal is to minimize your pain and get your recovery started. If a hospital stay is required, most patients are in the hospital for 1 day.

### FAQ

**Will I have pain?** We will try to minimize your pain with medicine, however, it is normal to have some pain after surgery during the rehabilitation process. Some patients may be eligible for a pain block which is used to help with pain for 24 hours post-operatively. You will have this discussion with your anesthesiologist prior to surgery.

**How long will I be in a sling?** You will be in a sling for 6 weeks post-operatively.

**What can I do with my arm while in the sling?** You should remove the sling for 5 minutes, 5 times a day to gently straighten your elbow, bend your elbow, and move your wrist and fingers. This will help prevent stiffness in the elbow, wrist, and hand.

**When can I drive?** Typically you can drive once you are off your pain pills and out of your sling. Your sling will be removed at your 6 week post-operative appointment with Dr. Khoriaty.

**When can I lay on the same side as my joint replacement?** We typically like for you to wait at least 6 weeks before you lay on your operative side. However, some patients may find that they are never comfortable sleeping on their operative shoulder.

**When can I travel?** During the first 2 weeks after your surgery, we recommend that you avoid significant travel. After that, please check with Dr. Khoriaty.