

**ST. JOSEPH HOSPITAL  
SURGERY CENTER PERSONAL RECOVERY PLAN**

**SPECIALTY INFORMATION: SHOULDER SURGERY**

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Arrange for a responsible adult to drive you to the Surgery Center <b>and home again.</b></p> <p>Your driver is expected to remain at the Surgery Center so that he/she is available to hear home care instructions and for timely discharge.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Leave all jewelry, credit cards and money at home.</p> <p>Wear loose, comfortable clothes. Button down shirt/blouse with large armholes.</p> <p><b>Parking is free.</b> Have your driver park on the <b>3<sup>rd</sup> floor</b> of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>You will need to change into a patient gown for your procedure.</p> <p>A patient belongings bag will be provided for you to keep your shoes, undergarments and clothes. Your items will be returned to you in the Recovery Room.</p> <p>You will have a small tube placed in your vein so that fluids can be provided to your body during surgery.</p> <p>You will be given a special pen to mark your surgical site. <b>DO NOT DO THIS AT HOME.</b></p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during your surgery.</p>

## ST. JOSEPH HOSPITAL SURGERY CENTER RECOVERY PLAN

### SPECIALTY INFORMATION: SHOULDER SURGERY

IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p><b>IMMEDIATE RECOVERY</b> Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Start with clear liquids if there is no nausea.</p>	<p>Your arm may be placed in a sling or a shoulder immobilizer as ordered by your surgeon.</p> <p>Up to the recliner chair with assistance.</p>	<p>Pain medication will be given depending on your pain level (0 = no pain to 10 = severe pain), doctor's orders and your symptoms.</p> <p>Pain medicine by mouth if you are tolerating fluids and having no nausea or vomiting.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1-2 hours).</p>
<p><b>HOME CARE</b></p> <p><b>FOLLOW YOUR DISCHARGE INSTRUCTIONS</b></p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call: 714-771-8000 at ext. 8266 for the current schedule.</p>	<p>Clear liquids (water, apple or cranberry juice, tea), no milk.</p> <p>Add foods as tolerated. Avoid greasy, spicy or heavy foods. Begin with small, frequent meals.</p>	<p>Use arm sling to support the arm on the surgical side or the shoulder immobilizer as ordered by your surgeon.</p> <p>Walk with assistance after taking pain medication or if you feel unsteady on your feet.</p> <p>Avoid heavy lifting, straining or use of exercise equipment until instructed by your surgeon. Follow any other activity instructions given by your doctor.</p>	<p>Take pain medication every 3-4 hours as needed. Take medicine with crackers or bread.</p> <p><b>Avoid alcohol and driving while taking pain medication.</b></p> <p>Use an ice pack over the surgery site if ordered by your doctor.</p>	<p>You will have a big dressing at the surgery site. Expect some light pinkish or reddish drainage on the dressing.</p> <p>Schedule your post-surgery visit as instructed by your surgeon.</p> <p>Notify your surgeon if you have:</p> <ul style="list-style-type: none"> <li>* increasing pain that is not relieved by pain medication.</li> <li>* any numbness or tingling in the arm or hand on the surgery side.</li> <li>* any coolness in the arm or hand on the surgery side or inability to move your fingers.</li> <li>* fever greater than 101 by mouth.</li> <li>* any other concerns or problems.</li> </ul>