



NMMC SURGICAL SERVICES

WHAT TO EXPECT

TOTAL SHOULDER REPLACEMENT

1 WEEK BEFORE SURGERY

You will receive a phone call from the Surgery Department about one week before your procedure. During this call, we will review your medications and answer any remaining questions you may have. Please use this time to complete any required lab work or other outstanding requests from your provider. If you have not done so already, you will attend our “Joint Camp” and receive some extra instructions from our team!



DAY OF SURGERY

- Please arrive at the Surgery Department on the 3rd floor at your scheduled time.
- Upon arrival, check in with our receptionist. There may be a short waiting period before a nurse escorts you to the Same Day Surgery Unit.
- You'll be provided with a locker for your belongings, then taken to your bay.
- Once settled, your nurse will complete your admission process. Then you'll meet your anesthesia team and your surgeon. This preparation typically takes about one hour.
- Afterward, you'll be taken to the operating room, where your surgical team will perform your procedure. This generally takes about 2 ½- 3 hours.



RECOVERY

- Following surgery, you'll return to the same bay where you began your day for recovery.
 - If you were fitted for a brace in the office, we will apply it before discharge.
 - You will also receive a cold pack to take home.
- You will spend about an hour in our recovery area before being transferred to our Med Surg unit, where you will stay the night.
- Once you're awake and comfortable, the nurses will offer you something to eat and drink, review your discharge instructions and answer any final questions.
- Please ensure you have someone available to drive you home the following day and assist you at home after your procedure.

2-3 DAYS BEFORE SURGERY

You will receive another call from the Surgery Department 2-3 days before your procedure. During this call, we will confirm your arrival time and review final instructions for surgery day.

Important reminders:

- Do not eat or drink anything after midnight the night before your procedure.
- Take **only** the medications you were instructed to take by your provider.



AT HOME

- Follow all instructions provided in your discharge packet carefully.
- If you have any questions or concerns, please contact the Surgery Department or your provider's office.
- You will have had a referral for physical therapy, they will contact you to schedule an appointment.

CALL US IMMEDIATELY IF YOU NOTICE

- Signs of infection (redness, swelling, drainage or discharge)
- Bleeding
- Increasing pain or discomfort
- Your discharge packet will also include the details for your follow-up appointment.

Thank you for choosing NMMC Surgical Services!