Instructions for Surgery

You have been scheduled for a shoulder surgery with Dr. Duquin at the Ambulatory Care Center located at Erie County Medical Center (ECMC). We hope this information sheet will serve as a helpful guide before and after surgery.

**Preparation for Shoulder Surgery**

**Three weeks before surgery, we will make an appointment for pre-operative testing at ECMC**. You will undergo blood work, a chest x-ray and an EKG. Please bring a list of your current medications to your pre-operative visit.

**Two weeks before surgery, we will arrange for an appointment with your primary medical doctor**. Your primary medical doctor must authorize medical clearance for the surgery. Please discuss with your doctor which of your regular medications you should take with a small sip of water on the morning of surgery and which medications can be skipped on that day.

**One to two weeks before surgery, you will have your final pre-operative visit with Dr. Duquin**. During this visit, Dr. Duquin will answer any questions you may have regarding your surgical procedure and rehabilitation. You will also receive final instructions regarding your procedure and the time that you should arrive at the hospital on the day of surgery.

**One week before surgery, you must stop taking any medications that interfere with blood clotting** (aspirin, oral anti-inflammatories such as Advil and Aleve, Coumadin and Plavix). Other anticoagulants (Eloquis, Pradaxa) can be stopped within 2-3 days prior to surgery. If you are currently taking an anticoagulant, please let our office know.

**Please note**

* Your surgery could be cancelled if you have an active infection. If you suspect that you have an infection at any time before your surgery date, contact our office so we can arrange appropriate treatment.
* Routine dental work is discouraged for 3 months following surgery. Please make sure your dental visits are up to date prior to your surgery.
* Studies show that cigar and cigarette smoking increase the risk of complications during shoulder surgery. Smoking interferes with wound healing and tissue recovery. **We strongly encourage you to quit smoking prior to your surgical procedure**. At the very least, we ask that you avoid cigarettes and secondhand smoke at least two weeks BEFORE and four weeks AFTER surgery. If that is not possible, please refrain from smoking for at least 12 hours before your surgery. If you are interested in quitting, but find it difficult, please ask your primary care doctor for resources that can help.

**Your Surgery and Hospital Stay**

The surgery will be performed in the Ambulatory Care Center at the Erie County Medical Center (ECMC), 462 Grider Street, Buffalo, NY 14215. You can arrive through driveway #2. Patient parking is available in the lot in front of the Ambulatory Care Center. A map of the hospital campus is attached for your reference.

* **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT the evening before surgery.** If you fail to do this, your surgery will be cancelled and rescheduled.
* Please carefully wash your shoulder and underarm region the night before surgery and again on the morning of surgery with an antibacterial soap such as Dial. Please do not apply deodorant.
* Remove all jewelry prior to arriving for surgery – including rings. Keep all your valuables at home. Only bring with you what is necessary.
* Nail polish may remain on, but please remove any artificial nails.
* You are scheduled to arrive 2-3 hours before your surgery. We will confirm the exact arrival time at your pre-operative appointment. This allows for ample time for you to complete the hospital registration.
* Be sure to bring your insurance cards.
* If you have a living will, please bring a copy of it with you. The nursing staff will ask you about resuscitation and your willingness to have a blood transfusion, if needed. If you have a healthcare proxy, we will also need that contact information.

After you have been prepped for surgery, you will meet with Dr. Duquin and sign a consent form for your procedure. The surgical site will be marked by Dr. Duquin after the consent form is completed.

You will also meet with the anesthesiologist before surgery who will discuss your anesthesia and ask questions about your medical conditions. **Please let the anesthesiologist know if you have ever experienced any side effects from anesthesia or pain medications**.

During the surgery, your family and friends can monitor your progress in the surgical waiting room using the computerized tracking system. Dr. Duquin or a member of his team will meet with your family at the end of the surgical procedure to update them on your condition.

Your arm may be in a sling or immobilizer when you wake up from surgery. Dr. Duquin will provide you and your family with instructions and restrictions after the surgery. The nursing staff can instruct you and your family members on how to apply and remove the immobilizer.

Icing the shoulder helps with pain and swelling. There are ice machines available that pump cold water through a cuff that is placed over your shoulder. This device may or may not be covered by your insurance. The device can be applied after your surgery if you wish but we encourage you to check with your insurance carrier to see what your coverage is and how much your financial responsibility will be for the device.

**When You Get Home**

Please keep your surgical dressings intact after you go home. It is important that the incision remain clean and dry. Do not shower for 3 days. You may remove the dressing on the 4th day and allow the incision to get wet in the shower. Avoid submerging your shoulder in a bath tub or in a swimming pool for at least 3 weeks.

The incision is closed with absorbable sutures and sealed with surgical glue. The steri-strips over the incision will fall off within 1-2 weeks after the surgery.

If there is any active drainage from the incision, redness, or if you have any other concerns with the surgical incision, please contact Dr. Duquin’s office.

The sling or shoulder immobilizer must be worn for 6 weeks after the surgery. You may remove your sling or immobilizer during the day for hygiene, dressing and to perform dangling exercises with the arm. Please avoid active use of the arm when out of the sling or immobilizer to avoid damaging the soft tissue.

Prescriptions for pain medication, stool softeners and aspirin will be sent to your pharmacy at the time of your discharge. Pain medications should be used only as needed. Most patients start to wean off the medications within a few days after the surgery. Most of our patients no longer need pain medication 2-3 weeks after surgery. Prescription pain medications are not prescribed by our office after 8 weeks following the surgical procedure.

You will not be able to drive while in the immobilizer or while on pain medications.

**Post-Operative Follow-Up**

**Your post-operative visit will take place 1-2 weeks after surgery with Christine Ehrensberger, Dr. Duquin’s physician’s assistant**. She will provide instruction on home exercises that you can perform.

Out-patient physical therapy may be needed for recovery from your surgery. If indicated, we will provide you with a prescription and instructions for your therapist. We encourage to use one of the therapists that we work with on a regular basis. A list of therapists that we regularly work with is available from our office.

**Avoid any invasive procedures such as dental work, a colonoscopy or urinary tract procedures for 3 months after surgery**. This is due to the risk of infection. If an emergency procedure is needed, you must take antibiotics before the procedure to prevent infection.

We use an electronic questionnaire, called OBERD, to help us improve your health. Be sure to check your email inbox for a message from our office about OBERD. Filling out the questionnaires at home prior to your appointments makes your follow up appointment more efficient. These questionnaires are important for us to be able to track how you are progressing through your rehabilitation after surgery and beyond. If you do not complete the forms at home, we will ask you to do so at your follow-up appointment in the office.

If you have any additional questions, or if you wish to speak to a patient who has had shoulder surgery with Dr. Duquin please contact our office at: 716-898-4426.

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| Medication Name | Dosage | How often do you take it? | Why do you take it? | Any problems with taking the medication? | Doctor that ordered the medication | Date it was started |
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**Medication list for:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­\_\_\_\_

**Please list all medications taken regularly and as needed above**

­­­­­­­­­­­­Allergies: (include medications, food, environmental and type of reactions):

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Pharmacy I use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pharmacy phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Common Aspirin-Containing or Aspirin-Like Substances

Arthrotec Disalcid Lodine Telectin

Advil Duralgesic Lovenox Toradol

Aspirin Ecotrin Methotrexate Triaminicin

Aleve Effient Midol Vitamin E

Alka-Seltzer Equagesic Motrin Voltaren (Diclofenac)

Anacin Etodolac Mobic (Meloxicam) Tart Cherry

Arthritic Pain Formula Feldene (Piroxicam) Naprelan

Ascription Finoinal Naprosyn

Bayer (Aspirin) Fish Oil (Omega 3) Naproxen Sodium

Bufferin Garlic Tablets Norgesic

Butazolidin Ginger Tablets Nuprin

Celebrex Gingko Bilboa Orudis

Clinoril Ginseng Percodan

Coriciden Glucosamine Persantin

Chondroitin Humeria Plavix

Darvon Ibuprofen Relafen

Daypro (Oxaprozin) Indocin Sine-Aid