



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

SHOULDER ARTHROPLASTY (ANATOMIC / REVERSE)

PRE-ARTHROPLASTY INFORMATION & INSTRUCTIONS

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Carmel, IN 46280

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202
317-944-9400

www.bryansaltzmanmd.com

In the weeks before your surgery, you may be asked to...

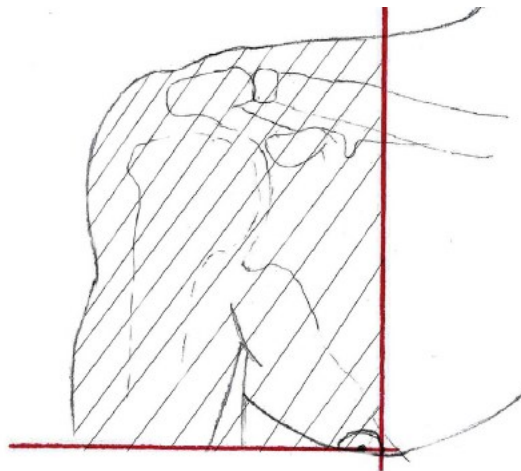
- **Have a dental examination:** While infections after shoulder replacement surgery are uncommon, it is possible that dental procedures (including extractions or periodontal work) can cause bacteria to enter the blood stream. Therefore, dental procedures should be done *before* your shoulder replacement surgery.
- **Obtain medical clearance for surgery:** We may ask and/or arrange for you to see a primary care practitioner before your scheduled surgery in order to receive medical clearance suggesting you are healthy enough for surgery.
- **Hold certain medications:** Certain medications can lead to increased risks of bleeding during and/or after surgery (including aspirin, some anti-inflammatories, and/or anticoagulation medications). You should talk with Dr. Saltzman and his staff before surgery about what medications you are taking currently.



- **Stop smoking:** This is helpful for you from an overall health standpoint, but also will reduce the risk of smoking and other medical/surgical complications during or after your shoulder replacement.
- **Evaluate your at-home help:** Having help at home after shoulder replacement surgery is imperative to your rehabilitation process. Make sure you have support at home for after the date of surgery.

In the days leading up to surgery...

- **You should purchase a Benzoyl Peroxide soap to use:** Benzoyl peroxide (10%; example in image below) is a soap that can be purchased generic and at most grocery stores. It is particularly important prior to shoulder replacement surgery because it has been shown to reduce the bacteria around the shoulder that can cause infection after open shoulder surgery. You should use this soap for 5 days in the shower leading up to the date of your shoulder surgery. It only needs to be used on the shoulder/arm/pit area of the side being prepared for surgery. It's important to not that this can make your skin dry or itchy at times, and if this is the case, call our office and we will prescribe you an additional lotion (Clindamycin) to assist in bacterial reduction and improvement in the dryness of your skin.



On the day of surgery...

- **The Anesthesiologists will talk to you about options for anesthesia:** Routinely, you will be given medication to put you to sleep, with a breathing tube placed to help protect your airway during surgery. You will also receive a discussion with the Anesthesiologist about an injection around your shoulder/neck to provide "regional anesthesia" which will help your body to remain comfortable during and immediately after surgery by numbing the nerves to your shoulder and arm.



*****If you have questions and need to speak to the nurse, please send us a message via the patient portal (instructions on how to create a patient portal will be provided at the time of surgery) ... or if more urgent, please contact us at our triage/call center at 317-944-9400 *****

*****If you have an emergency after hours or on the weekend call the physician on call at 317-944-9400 or call 911*****

*****Someone from Dr. Saltzman's team will call you on your first day after surgery to address any questions or concerns*****