

HOSPITAL TO HOME

A RECOVERY GUIDE FOR PATIENTS AND THEIR FAMILIES

While you are here, we will work together to manage your pain and get you moving before you leave the hospital.

Tests you can expect during your visit include:

Electrocardiogram (ECG or EKG) – Sticky pads placed on your chest to monitor your heart beat.

Chest X-Ray – A picture of your chest to see your heart and lungs.

Vital Signs – Regular checking of your temperature, blood pressure, pulse and oxygen levels.

Blood Tests

The **WRH MY CARE JOURNEY** App helps **YOU** and your **FAMILY**:

- ✓ Know what to expect in the hospital
- ✓ Play an active role in your treatment
- ✓ Understand next steps in your care

FREE
and
EASY
to use

My CARE JOURNEY
DAY 1
How long will I stay?

Download the WRH My Care Journey App for more information on your stay and recovery

Available on the
App Store

ANDROID APP ON
Google play

SHOULDER ARTHROPLASTY

A RECOVERY GUIDE FOR
YOU AND YOUR FAMILY

WRHCareJourney.ca



The expected hospital stay for patients after a Shoulder surgery is up to 1 Day. You may be ready for discharge sooner depending on your condition.



DAY OF SURGERY

- After your surgery, you will be monitored in the recovery room before moving to your room.
- When you arrive on the unit, you will meet members of your care team. They are available to answer questions or address any concerns throughout your stay.
- Eating after surgery is allowed. However, it may take some time to regain your appetite.
- Do not get out of bed without the assistance of a healthcare provider, always call for assistance .
- If you need to use the bathroom, ask your nurse to assist you.
- Controlling pain is essential for your recovery. Let your care team know if your pain is not under control.
- Stool softeners and laxatives are given to help with constipation caused by the pain medication.
 - Move your feet back and forth and in circles to improve circulation in your legs after your surgery.
 - Your doctor may order other exercises to improve your circulation.



- Physical activity is an important part of your recovery and you are encouraged to participate in the exercises given to you by your care team.
- Take deep breaths, cough, and pump your feet and toes up and down every hour. These exercises help to prevent complications.
- Discharge time is 10:00am the day after surgery. Please arrange for someone to pick you up.



DAY 1: DISCHARGE DAY

- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.
- You will receive a follow-up appointment with your surgeon. Make an appointment to see your family doctor.
- Your nurse will provide information about caring for your incision and your dressing, including how to shower when you get home.



CARING FOR YOUR SHOULDER

- Use your sling as directed by your doctor. It is for comfort and support of your shoulder.
- Loosen the sling if your fingers tingle, become numb, or turn cold and blue.

- If the sling is not waterproof, do not let it get wet.
- Your doctor will tell you when you can start shoulder exercises. Do only the exercises given to you by the physiotherapist or doctor.
- Use an ice pack on your shoulder to reduce swelling and pain.
- Keep the incision clean and dry.
- The steri-strips (white tape) that were used to close the incision will fall off naturally. Avoid touching the bandages.
- Don't rub or scratch the area. Let your incision heal naturally.

If you experience any of the below symptoms, seek immediate medical attention.

- Fever, chills, or temperatures of 38°C (101°F) or more
- Severe redness, swelling or warmth at the incision site
- Severe or increased pain at the incision site
- Bright red bleeding from the incision site
- Coloured or foul-smelling drainage from the incision site
- Problems going to the bathroom or stomach pain
- Shortness of breath or chest pain
- Sudden increased pain in your shoulder

If you have questions during your journey, ask!

