



**GBMC**

**Pre-Op Information:  
Shoulder Replacement Surgery at GBMC**

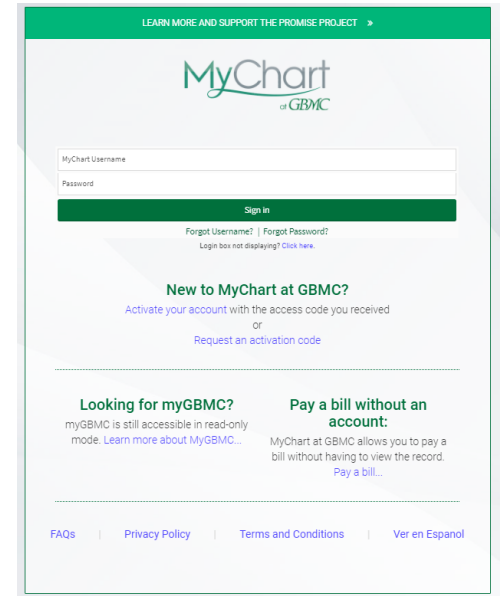
**GBMC Joint & Spine Center**

Updated 2/28/2024



# Sign-up for GBMC MyChart

- **My Chart** allows you to verify your health insurance information, mailing address, phone number, e-mail, pharmacy, etc.
- **MyChart** will send reminders for your pre-op appointments and appointments while you are in the hospital.
- **MyChart** gives you access to your test results, allows you to communicate with your providers, pay your bill, and helps you to coordinate your healthcare needs.
- On the day of admission: **MyChart** will convert to **MyChart Bedside**, it is your portal for engaging with your care while admitted to the hospital. Empower yourself and your family with access to your care team, clinical data, and health education.



*“To every patient, every time, we will provide the care that we would want for our own loved ones.”*

**GBMC**



Joint & Spine Center  
443-849-6261



# Shoulder Replacement Preop Checklist

Surgeon: \_\_\_\_\_

Place an X when task is completed

Date of your surgery: \_\_\_\_\_

<input type="checkbox"/>	Activate your GBMC <i>MyChart</i>	Online link in Welcome E-mail
<input type="checkbox"/>	Review the Shoulder Replacement Presentation	<a href="http://www.gbmc.org/jointandspine">http://www.gbmc.org/jointandspine</a>
<input type="checkbox"/>	Complete: Discharge Questionnaire	YES NO ( <i>MyChart</i> or Packet)
	I-PSS (Male patient)	YES NO ( <i>MyChart</i> or Packet)
<input type="checkbox"/>	Do you know how to use your Hibiclens CHG wash? The Antimicrobial Skin Cleanser, Disposable cloths, Instructions	Total of 4-CHG showers at home Begin to use 3-days BEFORE surgery
<input type="checkbox"/>	Pre-op MSSA/MRSA test at <b>GBMC's Diagnostic Testing Center</b> <b>Must be completed within 10 to 30 days before surgery date.</b>	Walk-in, no appointments needed. <b>Monday-Friday</b> <b>8 AM - 4 PM</b> <b>no holidays</b>
<input type="checkbox"/>	Discussion with ECIP Ortho Care Coordinator Dr. Lanzo's patients: Victoria Karnas 443-849-3828 Dr. Buchalter's patients: 410-377-8900 Date: _____ Time: _____	Call your surgeons office for prescriptions issues, pharmacy location updates!! <i>Pick up your medication(s) from your pharmacy before surgery!!</i>
<input type="checkbox"/>	If you are missing any of these items, need assistance, or surgery is canceled: <u>GBMC Joint &amp; Spine Center</u> 6701 N. Charles Street, Unit 58: Suite 5835, Towson MD 21204	<b>Please call</b> <b>443-849-6261</b> <b>April or Casey</b>
<input type="checkbox"/>	Shoulder Sling call <i>Synergy Orthopedics</i> 443-681-8971 <i>Bring this sling with you on the day of surgery</i>	<u>Call today schedule a fitting:</u> Date: _____ Time: _____
Notes		

Please review the Joint & Spine Center Pre-op Packet for important information, including this pre-op checklist seen here.



**PLEASE MUTE Your  
MICROPHONES  
and  
Turn Off Your Cell  
Phone Ringer**

**Do Not Answer Phone  
Calls During Class.  
Thank you!**



**GBMC**  
HEALTHCARE



Malcolm Baldrige  
National Quality Award  
2020 Award Recipient

## Joint Replacement Surgery

Presented by: April Asuncion Higgins, BSN, RN, CMSRN



# Time Sensitive Tasks to Complete Before Your Surgery

- **Nasal swab for MRSA/MSSA**
  - **Golden window** for completion is within **10-30 days** prior to surgery. Must be completed **no later than 10 days** prior to your surgery date.
    - Non-Kaiser Permanente patients: GBMC Ortho, GBMC Neurosurgery, Ortho Maryland
      - Testing at GBMC Diagnostic Testing Center
      - **Monday-Friday 8:00 am - 4:00 pm, no holidays**
      - Results valid for 60-days
- **Preop CHG Wash Kit with directions**
  - Begin 3 nights before surgery
- **Pre-op Questionnaires**
- **Fill your prescriptions** before your surgery date
- Pre-op Clearance from your Primary Care team(s), Diagnostic Tests, and blood work



**S SHUTTLE STOP** **V VALET PARKING**

N

**V VALET SERVICES**

Valet services (cash ONLY) will be available  
**Monday through Friday**  
 at the following times/locations:  
 7 a.m. - 6:30 p.m.

- Louis and Phyllis Friedman Building entrance
- Labor & Delivery (OB entrance) the Yaggy Atrium
- The Bus Loop outside Einstein Bros. Bagels

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Beginning 11/9/2023 GBMC will provide shuttle services on a continuous loop  
**Monday - Friday**  
 7 a.m. - 5 p.m.

The shuttle accommodates 4 passengers at a time and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East

NORTH CHARLES STREET

CHARLES STREET

LA PETITE ACADEMY OF TOWSON

SANDRA R. BERMAN PAVILION

BERMAN LOT

DAFFODIL PARK

PHYSICIANS PAVILION WEST  
 Pavilion West

BLUEBELL PARK

LOUIS AND PHYLLIS FRIEDMAN BUILDING

Diagnostic Testing Center

PHYSICIANS PAVILION EAST

Pavilion East

IRIS PARK

Labor & Delivery

EMERGENCY DEPARTMENT

LILY PARK

TULIP PARK

PHYSICIANS PAVILION NORTH

GATEHOUSE DRIVE

GILCHRIST CENTER



Near EAST PAVILION-across the hallway  
from the Einstein Bagel Coffee shop ↓



GBMC HEALTHCARE **NON-Kaiser Permanente patients only**  
Diagnostic Center and Laboratory Medicine at GBMC

GBMC Main Hospital 6701 N. Charles St./ Suite 3100/ Towson, MD 21204  
MSSA/MRSA preop testing: Monday-Friday 8am-4pm, no holidays



**GBMC**  
HEALTHCARE

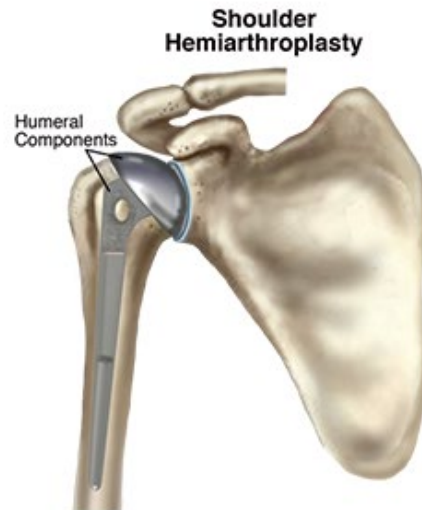


*“To every patient, every time, we will provide the care that we would want for our own loved ones.”*

# Reasons for Joint Replacement Surgery

- Improve quality of living
- Tired of living in pain
- Not being able to do things you like to do

## Shoulder Arthroplasty



**AAOS**  
AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS



<https://orthoinfo.aaos.org/en/treatment/reverse-total-shoulder-replacement/>

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# Preoperative Testing & Plan of Care for Discharge

- Ortho Care Coordinator
  - Assists with scheduling Pre-op PT Home Visit for qualifying patients
  - Discharge planning begins
    - Home with outpatient physical therapy
    - Home with home physical therapy
    - Subacute rehab
- Designating family/friends support person(s), and preparing your home environment
- MSSA/MRSA nasal swab to be completed 10 days to 30 days prior to your surgery date:
  - GBMC Diagnostic Testing Center:
    - Monday-Friday 8:00 am- 4:00 pm, NO HOLIDAYS
  - **Kaiser Permanente** patients are to have their pre-op MRSA collected at the Kaiser PEEC Center
- Need Surgical Clearance from
  - Primary Care Physician
  - Specialist, if applicable
- Your primary care physician office:
  - EKG, blood work, urinalysis, x-rays, etc.

Results and Surgical Clearance statements from you doctor(s) will need to be available to GBMC **no later than 3-days** before surgery.

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# How to Prevent Infection and Complications

- Control your blood sugar before, during and after your surgery
- Exercising and healthy weight loss
- **You must STOP** smoking (including cigars, e-cigarettes and vaping) 2 weeks before surgery and at least 2 weeks after surgery
- Good nutrition with adequate calories and protein
- Making sure skin is dry in between skin folds
- Frequent UTI's, notify your primary team & surgeon
- Advised no dental work within the 2-weeks prior to surgery and/or the first 3-months after surgery.
- **No artificial nails, acrylics, gel/dip/shellac polish** on fingernails. Only clear, clean nails.

- **Keep pets and animals away from the incision site after surgery.**
- Applying fresh linens to bed before surgery. **No pets are to sleep in bed or on the sofa with you until cleared by your surgeon.**

## PREVENTION



healthy eating



exercise



no smoking



glucose control



# 4 Days of Pre-surgery CHG Showers



<https://youtu.be/eF3tae-c6d8>

## Hibiclens Shower Video

Please note **GBMC J&S Center** requires patients to **complete 4 showers at home** before surgery

- Pre-Surgical Scrub: 4% Chlorhexidine gluconate (CHG).
- Four (4) Total CHG Showers at home.
- **Begin three (3) nights before surgery**, last application is on the morning of surgery before coming to the hospital.
- Apply the CHG foam onto your 6 or 7 disposable cloths, lather the solution onto skin.
- Avoid contact with your eyes, ears, mouth, and genitals.
- Do **NOT shave** or use **hair removal lotions, deodorant, perfume, lotion, creams, or oils** on your body.

# Preventing Surgical Site Infection: Pre-Op Skin Preparation

**GBMC**  
JOINT AND SPINE CENTER  
PRE-SURGERY INSTRUCTIONS

The HIBICLENS soap you have been given is a solution of 96% Gentle Foaming Soap, and 4% Chlorhexidine Gluconate Antiseptic for pre-surgical bathing, which is prescribed to mitigate the opportunity for infection.

- It is VERY important that you follow these instructions no less than FOUR (4) days in a row.
- Visit this link to watch a 2-minute 36-second video illustrating how to correctly shower using the foaming HIBICLENS: <https://youtu.be/eF3Zee-c6Q>
- Shower #1** begin three (3) nights before your surgery. Wash your hair, face, and genitals with your regular shampoo and soap. Rinse thoroughly.
- Run clear water on the rest of your body to wet the rest of your body.
- Shut off the shower or step out of the water stream.
- Pump the HIBICLENS foam onto each of the 6 or 7 disposable cloths provided to you.
- Lather up and wash your body from your neck down (each cloth for each body zone, see back of this page).  
**IMPORTANT!! Do not allow solution to come in contact with your face, eyes, nose, mouth, ears, or inside your genitals.**
- Allow the HIBICLENS foam to sit on your skin for at least **2 minutes**.
- After you've waited at least 2 minutes, turn the water back on, or step back into the water stream to rinse.
- Pat dry with a fresh clean towel.
- You will repeat this process every night before surgery.  
**Hibiclens Shower #2** is two (2) nights before surgery.  
**Hibiclens Shower #3** is the night before surgery.  
**Hibiclens Shower #4** is the morning of surgery before coming to the hospital.  
**FOUR (4) SHOWERS ARE PRESCRIBED.**  
**DO THIS EVERY DAY FOR FOUR (4) DAYS IN A ROW PRIOR TO SURGERY!!**

Each one of the disposable cloths (#1 through #6 or #7) is used on a different part of the body. By using a fresh clean cloth with the Hibiclens for each body zone, you help cut down on cross contaminating different body areas. Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

**Cloths #1-6: Pump Hibiclens onto cloths, lather skin as instructed below.**

**#1: Surgical Site.** (If multiple surgical sites, use a new cloth)

**#2:** Neck, chest, and stomach.

**#3:** Both arms front and back, arm pits, hands, and fingers.

**#4:** Starting at right hip, front and back of leg, feet, toes.

**#5:** Starting at left hip, front and back of leg, feet, and toes.

**#6:** Shoulders, back of neck, upper and lower back, and buttocks.

**FRONT**      **BACK**

**Surgical Site**  
(If multiple surgical sites, use a new cloth)

Three Nights Before Surgery	Two Nights Before Surgery	One Night Before Surgery	Morning of Surgery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- **Hibiclens Shower #1** begin three (3) nights before your surgery
- **Hibiclens Shower #2** is two (2) nights before surgery.
- **Hibiclens Shower #3** is the night before surgery.
- **Hibiclens Shower #4** is the morning of surgery before coming to the hospital.

**Check off each yellow circle after your CHG shower**



**Hibiclens Shower Video**  
Please note **GBMC J&S Center** requires patients to **complete 4 showers at home** before surgery





## How It Works

### Increased Protection Against Risk of Infections

The nose is a reservoir for bacteria that escape typical hygiene protocols such as hand washing. Nozin® Nasal Sanitizer® antiseptic equips health professionals, patients and individuals with a safe and effective nasal shield that helps decrease bacteria on nasal vestibule skin. Importantly, Nozin Nasal Sanitizer antiseptic is clinically shown to reduce nasal bacteria carriage without antibiotics.



Nozin® Nasal Sanitizer® is specially formulated to effectively address nasal carriage of bacteria:

- **Effective** – kills 99.99% of germs and is clinically proven to decrease nasal bacteria carriage
- **Safe, Fast-Acting** – the active ingredient is ethyl alcohol, a well-established, trusted, broad spectrum antiseptic
- **12-Hour Duration** – soothing solution is well tolerated, safe for regular use and Nasal Sanitizer® effect lasts 12 hours
- **No Antibiotics** – alcohol-based antiseptic
- **Pleasant** – experience a soothing, moisturizing feeling and a soft smell of citrus
- **Easy To Use** – with the multiple use bottle, application of Nozin is simple and convenient

Think hand sanitizer for your nose.

Do you have an **orange fruit oil allergy?**

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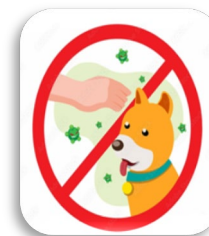
**GBMC**



# Coach/Support Person

## Enlist a family member or friend for help

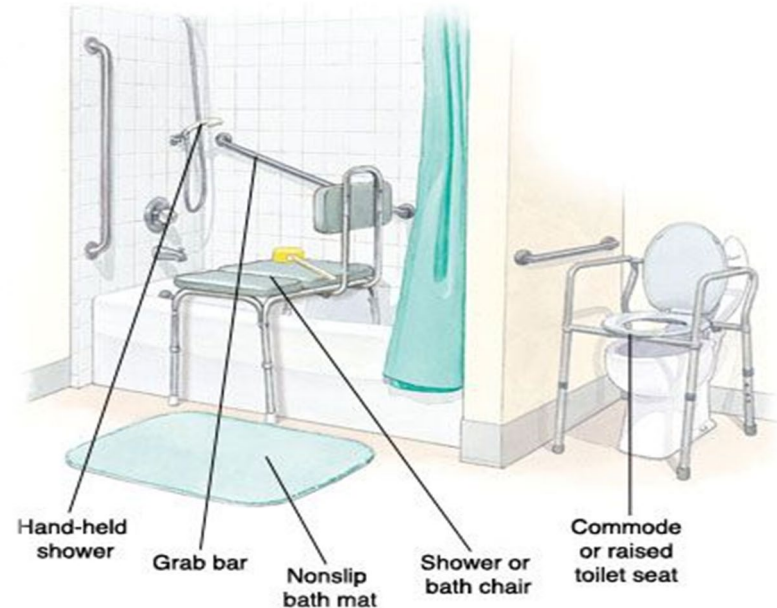
- Exercises
- Transfers to the toilet, tub, etc.
- Moving around with your walker or cane
- Bathing/dressing (using adaptive equipment if needed)
- Transportation to appointments
- Clean and prepare your home
- Food, shopping, preparing meals
- Cleaning laundry
- Caring for pets, children, grandchildren



# Home Set-up

## Before coming to the hospital

- Prepare meals ahead of time or arrange to have family/friends there to help
- Make frequently used items in the kitchen accessible for use
- Clean and clear home of clutter
  - Remove rugs out of bathroom and kitchen
- Make sure all equipment that you may already have is easily accessible, clean and in safe working order
  - Borrow from friends or family or community loan closets



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# Current Medications

## Can continue until day of surgery

### ➤ It is OK to take:

- Tylenol (acetaminophen)
- Oxycodone, Tramadol, Dilaudid, Neurontin, Flexeril and Skelaxin
- Celebrex is the only NSAID that is OK
- Beta blocker and/or Calcium Channel blocker
- **Non-MAIO** Anti-depressants, Anti-anxiety medications, Psychiatric medications
- Anti-Seizure medications
- Parkinson's medications
- Asthma Inhalers/medications
- Thyroid medications
- Steroids: oral or inhaled
- Cholesterol Medication-Statins: Zocor, Lipitor, Pravastatin
- Birth Control Pills
- Eye Drops

### ➤ Get specific instructions from you provider for medications listed below:

- **Eliquis, Coumadin, Pradaxa, Plavix, Xarelto, Ticlid, Lovenox injections, Aspirin, or other blood thinners**

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# Current Medications

## 10 Days before surgery

- **Stop** taking **aspirin** or **salicylates**, including **Excedrin**, **Alka-Seltzer**, **Pepto-Bismol**, unless otherwise directed by your provider
  - It is important to stop as they cause excessive bleeding during your surgery and recovery period.
- **Stop** all Herbal Products/Alternative Medications:
  - Examples: **Vitamin E**, **glucosamine**, **fish oils**, ginkgo biloba, ginseng, dong quai, garlic, turmeric, CoQ10, kava, ma Huang, St. John's wort and non-vitamin supplements

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# Current Medications

## 7 Days before surgery

- **Stop NSAIDs** products
  - *Non-Steroidal Anti-inflammatory Drugs*
  - Examples: **Aleve, Ibuprofen (Motrin, Advil), Naproxen, Treximet, Vimovo, Duexis, Nabumetone, Ketolorac, Mobic, Robaxin, Meloxicam, Diclofenac**
- **Stop** all **diet** and **weight loss** medications
  - Examples: **Phentermine, Glucomannan, CLA (conjugated linoleic acid), Orlistat (Alli), Garcinia cambogia, Hydroxycut, Raspberry ketones, Meratrim, green coffee bean extract, green tea extract, Forskolin, Synephrine, etc**

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# Current Medications

## 3-days (72 hours) before surgery

- **Stop** Viagra, Levitra & Cialis
- **Stop** topical medications



## 48 Hours before surgery

- **Stop** Monamine Oxidase Inhibitors (MAIOs)
  - Examples: Nardil (Phenelzine), Emsam (Selegline), Marplan (Isocarboxazid), Parnate (Tranlycypromine)

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# Current Medications

## Do not take the day of your surgery

### ➤ **Stop ACE Inhibitors:**

➤ Examples: Lisinopril, Vasotec

### ➤ **Stop Angiotensin Receptor Blockers:**

➤ Examples: Cozaar, losartan, Benicar, Candesartan, Atacand, Valsartan

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# Current Diabetic Medications

## 4 days before surgery

- **Stop** SGLT-2 Inhibitor medications: Steglatro

## 3 days before surgery

- **Stop** SGLT-2 Inhibitor medications: Jardiance, Invokana, Farxiga, and

## 24 Hours before surgery

- **Stop** oral hypoglycemic containing **Metformin**
  - Examples: **Glucophage, Riomet, Glumetza, Glucophage XR, Fortamet, Avandamet, Actoplus, Glucovance, Actoplus, Glyburide, Glipizide, Invokamet, Jentadueto, Janumet, Kombiglyze XR, Metaglip, PrandiMet, Xigduo, Kazano, Synjardy, Segluromet**
  - All other **oral hypoglycemic agents** should **be held the morning of surgery**
  - Wearable continuous blood glucose monitoring systems: please notify your surgeon and/ or anesthesiologist as soon as possible. GBMC nursing staff will monitor your blood glucose per hospital policy.
  - If you have a wearable insulin pump system, please notify your surgeon and/or anesthesiologist as soon as possible.
  - If you are Diabetic notify your endocrinologist of your upcoming surgery
    - **Insulin:** your Endocrinologist will advise you on how many units they want you to take and when to take give your last dose before surgery.

# Diabetes Medications...continued

## ▪ GLP-1 Agonist:

- semaglutide (***Ozempic***, *Rybelsus*), dulaglutide (***Trulicity***), exenatide (***Bydureon BCise***, *Byetta*), liraglutide (***Victoza***, *Saxenda*), lixisenatide (***Adlyxin***), etc.
- \*\*off label use for weight loss

➤ If taken **daily**: Hold GLP-1 agonists **on the day of** the procedure/surgery.

➤ If taken **weekly**: Hold GLP-1 agonists **a week prior** to the procedure/surgery.

- A **CLEAR LIQUID ONLY DIET** starting **12 hours before the usual NPO time** (noon the day before surgery if NPO).

### **Clear Liquids** for 24h before surgery

- Coffee and tea without milk or non-dairy creamer (sweetener is ok)
- Clear, nonfat broths
- Fruit & vegetable juices that are strained & pulp free
- Sodas & Sports drinks
- Pulp-free popsicles
- Jell-O
- **Nothing to eat/drink after 12-midnight**

# The Night Before Surgery

- **NO** heavy meals past 8 pm
  - You can snack up until midnight
- **NO** eating past midnight
  - Including any mints, hard candies, and gum
- Patients who have the following must **STOP** liquids **6 hours before surgery**:
  - **Diabetes**
  - **Gastroesophageal Reflux Disease (GERD)**
  - **BMI >39 (morbidly obese)**
  - **Gastroparesis** (slow moving gut)
- If you do not have diabetes, GERD, obesity, or gastroparesis:
  - You **CAN** drink clear liquids (a max total of 16 ounces) up to **2 hours** before your surgery

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# The Night Before Surgery

- **NO** heavy meals past 8 pm
  - You can snack up until midnight
- **NO** eating past midnight
  - Including any mints, hard candies, and gum
- Patients who have the following must **STOP** liquids **6 hours before surgery**:
  - **Diabetes** (Type I or Type II)
  - **Gastroesophageal Reflux Disease** (GERD)
  - **BMI >39** (clinical obese)
  - **Gastroparesis** (slow moving gut)
- If you **DO NOT** have diabetes, or severe acid reflux, or are considered clinically obese (BMI >39), and/or have gastroparesis...then you are safe **CAN** drink clear liquids (a max total of 16 ounces) up to **2 hours** before your surgery time.

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# Current Medications: Morning of Surgery

## Blood pressure/cardiac medication

- Take your Beta blocker and/or Calcium Channel blocker heart medication and talk to your primary care or cardiologist to discuss which medications you should take the with a sip of water the morning of your surgery.
- Discuss with your primary care or cardiologist if they want you to take your diuretics the morning of your surgery
  - Examples: HCTZ, Lasix

## Heartburn or ulcer medicine

- Acid blockers should be taken on the morning of the surgery to reduce the risk of aspiration pneumonia.
  - Examples: Zantac, Pepcid, Axid, Prilosec, Pantoprazole, Reglan
- Antacids should **NOT** be taken they contain particulate material that may damage the lungs if aspirated
  - Examples: Maalox, Tums, Carafate

No CBD/THC products on the day of your surgery.

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# What to Bring to the Hospital

- Your ID card
- Insurance card
- Advance directive (a copy if you have one)
- Preop CHG wash form
- Your cane (if you have one)
- Bring in glasses, contact lenses, and hearing aids
- Regular clothing
  - Loose fitting clothes that are easy to put on: a tank top, a loose-fitting shirt, or one that buttons up in the front, elastic waist pants or shorts, under garments
  - Shoes you can easily slip onto your feet
- Any braces, shoe inserts or splints that you normally use
- CPAP machine\*\* (Patients with sleep apnea, overnight stay)

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# What to Bring to the Hospital

- Your ID card
- Insurance card(s)
- Advance directive (if you have one, bring a copy)
- Immobilizer Sling**
- Cane** or other DME equipment from home (place your full name on the device)
- Bring your **eyeglasses**, **contact lenses**, and **hearing aids**
- Regular clothing
  - Shirt should be loose fitting through the sleeves and shoulders and button up the front, under garments
  - Walking shoes with good ankle support (no open heel shoes) that is easy to slip into. Do not buy new shoes: bring something comfortable
- Any braces, shoe inserts or splints that you normally use
- CPAP machine\*\* (Patients with sleep apnea, **overnight stay only**)



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# Visitor Policy: Inpatient Adult Units

- 4 visitors are allowed at a time, **1-visitor can stay overnight (9p-8a)**.
- Visitors 10-17 years must be accompanied by an adult over 18 yrs. Visitors under 10yrs are not allowed.
- Visiting Hours 8a-9p
- *Visitors must not be within the first 10 days of positive Covid-19 test*
- *Visitors with any respiratory symptoms must wear a mask covering the nose and mouth at all times*
- Visitors must remain at the bedside and use the call-bell for all patient requests
- If you require an ADA exception, please call the Joint & Spine Center



NORTH CHARLES STREET

CENTER

**S SHUTTLE STOP** **V VALET PARKING**



**V VALET SERVICES**

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- The Bus Loop outside Einstein Bros. Bagels (PPE)
- Physicians Pavilion West (PPW)

Labor & Delivery D

V

P

BLUEBELL PARK

CLOSED

SANDRA R. BERMAN PAVILION

BERMAN LOT

P

V

S

SANDY'S WAY

LOUIS AND PHYLLIS FRIEDMAN BUILDING

GOR 4<sup>th</sup> floor

EMERGENCY DEPARTMENT

LILY PARK

P

TULIP PARK

P

GATEHOUSE DRIVE

PHYSICIANS PAVILION NORTH

DAFFODIL PARK

P

CLOSED

Diagnostic Center LAB

S

V

PHYSICIANS PAVILION EAST

Pavilion East

PHYSICIANS PAVILION WEST  
Pavilion West

V

S

**S SHUTTLE STOP** **V VALET PARKING**



**S SHUTTLE SERVICES**

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The shuttle accommodates 4 passengers at a time and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East (PPE)

IRIS PARK

NORTH CHARLES STREET

# Arriving to the Hospital on the Day of Surgery

- Arrive at the hospital at least **2 hours** before your surgery time.
- Park in **Lily Garage**.
- Take elevator to the main floor to enter Lobby E.
- Lobby E is on the 3<sup>rd</sup> floor of main hospital.



# Directions to the General Operating Room (GOR)

- Once inside, **Lobby E**, walk down the corridor, you will pass a sitting area on the LEFT.



- Continue until you reach elevator E.
- Take **Elevator E** on the left to the 4th floor



- When you exit the elevator walk straight forward to the GOR registration desk.



# Arriving to the Hospital

- Arrive at the hospital at least **2 hours** before your surgery time
- Park in Lily Garage. Enter Lobby E on the 3<sup>rd</sup> floor of main hospital. Take Elevator E to 4<sup>th</sup> floor, check in at admission desk



*"To every patient, every time, we will provide the care that we would want for our own loved ones."*

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# The Pre-operative Area

## In Pre-Op

- You will be given a hospital gown to change into
- You will be given in this pre-op area:
  - CHG wipes to clean your skin a 5<sup>th</sup> time
  - Nozin Nasal Sanitizer to begin application
- Meet your surgical team: surgeon, nurse, anesthesiologist, tech
- Admission database will be completed
- Vital signs, IV will be started; IV fluids and antibiotic(s)



*“To every patient, every time, we will provide the care that we would want for our own loved ones.”*

**GBMC**

# Pre-op Infection Prevention



**Nozin.**  
LEADER IN NASAL DECOLONIZATION.

### How It Works

**Increased Protection Against Risk of Infections**

The nose is a reservoir for bacteria that escape typical hygiene protocols such as hand washing. Nozin® Nasal Sanitizer antiseptic equips health professionals, patients and individuals with a safe and effective nasal shield that helps decrease bacteria on nasal vestibule skin. Importantly, Nozin Nasal Sanitizer antiseptic is clinically shown to reduce nasal bacteria carriage without antibiotic.

**RECOMMENDED BY HEALTH PROFESSIONALS**

**Nozin.**  
NASAL SANITIZER

- ✓ Clinically proven
- ✓ Kills 99.99% of germs

**Nozin® Nasal Sanitizer® is specially formulated to effectively address nasal carriage of bacteria:**

- **Effective** – kills 99.99% of germs and is clinically proven to decrease nasal bacteria carriage
- **No Antibiotics** – alcohol-based antiseptic
- **Safe, Fast-Acting** – the active ingredient is ethyl alcohol, a well-established, trusted, broad spectrum antiseptic
- **Pleasant** – experience a soothing, moisturizing feeling and a soft smell of citrus
- **12-Hour Duration** – soothing solution is well tolerated, safe for regular use and Nasal Sanitizer® effect lasts 12 hours
- **Easy To Use** – with the multiple use bottle, application of Nozin is simple and convenient

Think hand sanitizer for your nose.

## Nozin. NASAL SANITIZER. NOZASEPTIN® FORMULA ADVANCED ANTISEPTIC

### PreOperative Pack How to Apply



#### Preparation Instructions:

Clean nostrils with a tissue. Discard.



#### Application Instructions:

RIGHT nostril



Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

Rotations per nostril: 16

LEFT nostril



Total # rotations: 32



#### REPEAT

Repeat cycle with Ampules 2 and 3.

#### USE AND DISCARD

Use all three (3) Ampules consecutively.

Discard after use.



Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.

**Intended Use:** Nozin® Nasal Sanitizer® is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.

**Active Ingredient:** Alcohol 62%.

**Precautions:** Use ONLY with sleeve on ampule. Do not extend ampule into nose beyond swab tip. Refer to Instructions for Use (IFU) for complete product information.



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Do you have an **orange fruit oil allergy**?

**\*\*This product will be given to you the morning of surgery in GBMC's Pre-op Area.**

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# After Surgery

## PACU I (postanesthesia care unit)

- You will wake up and probably feel sleepy
- Your vital signs will be assessed every 15 minutes
- Cardiac and oxygen monitors will be in place
- Pain should be well managed with the nerve block and cocktail, but additional pain relievers are available as needed
- Your anesthetist will evaluate your progress, once you have met the criteria for the next phase: vital signs are stable, pain is managed, you have sensation in operative leg, and the room you will be transferred to is clean:
  - GBMC's **23-hour/admit** patient will **be transferred to Unit 58**

# Hospital Admission: *23-hour observation/ in-patient admit*

- Once your vital signs are stable, pain is managed, and you have sensation in operative leg(s). Your anesthesiologist will clear you for transfer from the PACU to Unit 58.
- Unit 58 is located on the 5<sup>th</sup> floor of Zone D (Labor & Delivery entrance)



## Admission to Unit 58

- Private room
- Meet your RN (Registered Nurse) and NST (Nurse Support Tech)
- Communication Board updated
- Ice wrap, Welcome Folder, and your Nozin 12 mL bottle kit will be given to you when you arrive to U58.
- Upon arrival, the nurse will be teaching you how to give yourself a dose of Nozin from your home kit.



# Post-op Infection Prevention

- First dose: after surgery upon arrival to U58
- Next dose: at 9 pm, then every 12 hours
- Continue every 12 hours until your 1<sup>st</sup> post-op visit or until the bottle is empty (30 days)

**Nozin.**  
LEADER IN NASAL DECOLONIZATION.

**How It Works**  
Increased Protection Against Risk of Infections

The nose is a reservoir for bacteria that escape typical hygiene protocols such as hand washing. Nozin® Nasal Sanitizer® antiseptic equips health professionals, patients and individuals with a safe and effective nasal spray that helps decrease bacteria on nasal vestibule skin. Importantly, Nozin Nasal Sanitizer antiseptic is clinically shown to reduce nasal bacteria carriage without antibiotics.

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- **Easy To Use** – with the multiple use bottle, application of Nozin is simple and convenient

Think hand sanitizer for your nose.



Nozin® Nasal Sanitizer® Multidose 12ML Bottle  
How to Apply

Clean nostrils with a tissue. Discard.



1. Shake



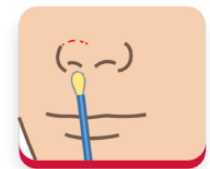
Shake bottle well.  
Remove cap.

2. Saturate



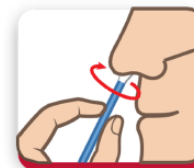
Apply **four (4) drops** of solution onto cotton swab tip.

3. Apply



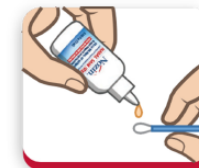
Insert swab tip into **RIGHT** nostril. Swab **eight (8)** times clockwise and **eight (8)** times counterclockwise.

4. Swab



Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

5. Saturate Again



Re-saturate the swab tip by applying **two (2) drops** of solution.

6. Apply Left Nostril



Repeat application **steps 3 - 4** in the **LEFT** nostril.

**Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.**

**Intended Use:** Nozin® Nasal Sanitizer® is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.

**Active Ingredient:** Alcohol 62%.

**Precautions:** Do not extend applicator into nose beyond swab tip.

Please also refer to Instructions for Use (IFU), product package and Nozin.com.

**Nozin.**  
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Do you have an **orange fruit oil allergy?**

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# Fall Risk

- **Red** non-skid socks will be placed on you, signaling that you are at a high risk for experiencing a fall
- Do **NOT** get up without the help of staff assisting you.
- Use your call bell



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# Sequential Compression Device

- Used on your lower extremities to help circulation
- Help prevent blood clots



*“To every patient, every time, we will provide the care that we would want for our own loved ones.”*

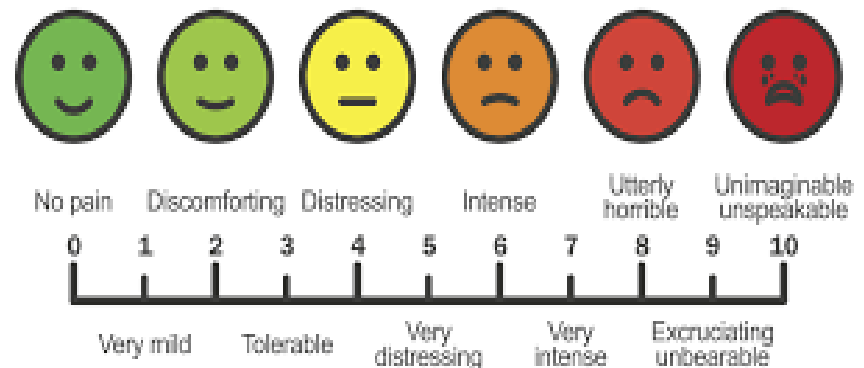
**GBMC**



# Pain Management

- Pain scale 0-10
  - “0” means no pain
  - “10” means the worst pain that you have ever had
- Remember: You should **not** expect your pain level to be “0” after surgery
- Pain medications are available as needed (prn)

- **Call** your nurse when you are experiencing pain above your goal



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# Ice Wraps after Surgery

- Placed on your operative joint after surgery
- Decreases pain levels and swelling



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# Rehabilitation: PT versus OT

**Physical Therapy:** helps you with functional mobility

- Walking
- Getting in/out of bed
- Transfers into/out of a chair
- Going up/down steps
- Doing your exercise program

**Occupational Therapy:** helps you with functional activities of daily living (ADL)

- Getting dressed and bathed
- Getting in/out of tub/shower
- Using the toilet
- Car transfers
- How to use adaptive equipment if needed
- Getting items out of refrigerator/cabinets
- Show you how to take your sling on and off

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# Physical and Occupation Therapy: Their Assessment and Education

- **Social information:** Do you live alone or have help?
- **Environment during recovery:**
  - Do you live on one level or more?
  - Number of steps inside/outside home?
  - Are there railings?
  - Bathtub or shower equipment?
  - Take pictures of your bathroom, kitchen, living room, etc.
- **Prior level of function:** How were you doing before you came into the hospital?

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# Immobilizer Sling

- After surgery, you will be placed in an immobilizer sling to limit the movement of your shoulder.
- You will wear the sling at all times except when showering or doing approved exercises shown to you by the therapy team



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# Medical Equipment Needs

Your OT will **assess**, **evaluate**, and **determine** what assistive devices may needed at home

- Cane
- Reacher
- Long handled shoehorn
- Long handled sponge
- Elastic shoelaces
- Sock aid



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# GBMC Care Management



The Care Manager (CM) on Unit 58 will visit you the day after your surgery and follow the inpatient therapist's recommendation for therapy. The CM will continue working on your discharge planning needs, offer you resources, and communicate the plan to your care team.

- **Home with Out-Patient Therapy:** Your GBMC occupational therapist (OT) and/or physical therapist (PT) will make recommendations for therapy needs. Most patients begin outpatient therapy two weeks post-operation. You will be given an outpatient prescription at the time of your discharge.
  - Designate who is driving you to your appointment
- **Equipment for home:** OT/PT will evaluate if you need any DME, your case manager will contact your insurance company for approval and arrange delivery to your room.
- **Skilled Nursing Facility (SNF):** *Medical necessity and insurance authorization* approval needed. If your insurance denies discharge to a subacute or acute rehab center, you will be discharged home.
- Discharge is between 1pm-5pm

## Pain Medication at Discharge

- PICK-UP your pain medications a week before surgery! Your surgeon's office will send your prescriptions electronically to your preferred pharmacy. Please let your surgeon know if your pharmacy location has changed.
- Could be prescribed a 7-day supply of medications
  - Dependent upon your insurance
  - Verify with your pharmacy at time of pick up
- Per the Maryland Department of Health & Mental Hygiene guidelines, you will be prescribed an opioid antidote called Naloxone (Narcan) in the event of an overdose
- Call the office three days in advance of the need to have medications renewed
- **No** prescriptions will be addressed on weekends or after hours
- Pain medications and/or muscle relaxers will only be prescribed for up to 3 months following your surgery
  - After that period of time: if needed, you will be referred to a pain management specialist

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# Discharge Day

- GBMC Same-Day Outpatient surgery, patients will be discharged the day of surgery from GBMC's PACU recovery area
- In-patient surgery are discharged the day after their surgery
  - Most patients are discharged after 12 pm, when your:
    - PT and OT have both cleared you for discharge
    - A Case Manager has visited you
      - A cane (if needed) is delivered to your room
    - You are given your prescription for medications, if you were not already given them by your surgeon's office before surgery, (can be electronically sent to your pharmacy)
    - Nurse has given you your discharge paperwork
    - Your support person has arrived to the hospital

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## Discharge Day Checklist Guide- Shoulder

- \_\_\_\_ I have reviewed my discharge instructions with the nurse
- \_\_\_\_ I know who is my support person/help at home
- Post-op Physical Therapy Agency (if needed): \_\_\_\_\_
  - Phone # \_\_\_\_\_
  - If I haven't heard from the Physical Therapy Agency 3-days after discharge or have any issues with scheduling, I will call my surgeon's office as soon as possible
- \_\_\_\_ Do I have my prescription(s)?
  - Medication(s) **MUST** be picked up the day of discharge
  - GBMC Walgreens can deliver your medications to your room, accepts cash or credit cards
- \_\_\_\_ Do I know the reason for and side effects of my prescriptions?
- I have my...
  - \_\_\_\_ Cane (if needed)
  - \_\_\_\_ Sling
  - \_\_\_\_ Ice packs with the wrap
  - \_\_\_\_ Dressing material (gauze and tape)
  - \_\_\_\_ Nozin® Nasal Sanitizer® 12-mL bottle and starter cotton swabs
  - \_\_\_\_ Belongings that I brought into the hospital
- I will call my surgeon's office with any signs of infection such as fever, redness, swelling, tenderness, or puss-like drainage
- I will call my surgeon's office with any new loss or decrease in sensation in the hands or fingers of the operative arm
- Please contact your surgeon's office with any questions at (\_\_\_\_\_)



**Please review the  
Joint & Spine Center  
Pre-op Packet  
for important information,  
including this  
post-op checklist  
seen here.**

**Thank you for  
choosing GBMC  
for your  
Shoulder Replacement!**



**Joint and Spine Center  
6701 N Charles St  
Towson, MD 21204  
Phone: 443-849-6261**

Email: [jointspinecenter@gbmc.org](mailto:jointspinecenter@gbmc.org)

Website: [www.gbmc.org/JointandSpine](http://www.gbmc.org/JointandSpine)

**ACTIVATE your MyChart today**

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NORTH CHARLES STREET

CENTER

**S SHUTTLE STOP** **V VALET PARKING**



**V VALET SERVICES**

Valet services (cash ONLY) will be available Monday through Friday at the following times/locations:  
7 a.m. - 6:30 p.m.

- Louis and Phyllis Friedman Building entrance
- Labor & Delivery (OB entrance) the Yaggy Atrium
- The Bus Loop outside Einstein Bros. Bagels (PPE)
- Physicians Pavilion West (PPW)

Labor & Delivery D

LA PETITE ACADEMY OF TOWSON

SANDRA R. BERMAN PAVILION

BERMAN LOT

BLUEBELL PARK

**CLOSED**

SANDY'S WAY

LOUIS AND PHYLLIS FRIEDMAN BUILDING

EMERGENCY DEPARTMENT

GOR 4<sup>th</sup> floor

LILY PARK

TULIP PARK

PHYSICIANS PAVILION NORTH

DAFFODIL PARK

**CLOSED**

Diagnostic Center LAB

PHYSICIANS PAVILION EAST

Pavilion East

Pavilion West

**S SHUTTLE STOP** **V VALET PARKING**



**S SHUTTLE SERVICES**

Beginning 11/9/2023 GBMC will provide shuttle services on a continuous loop Monday - Friday 7 a.m. - 5 p.m.

The shuttle accommodates 4 passengers at a time and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East (PPE)

NORTH CHARLES STREET

GATEHOUSE DRIVE

IRIS PARK