



## Shoulder Surgery Pre op Checklist

### 2-3 Weeks PRIOR to Surgery

- Begin Taking Vitamin D -**
  - 800 -1000 IUs Daily. This is purchased over the counter (i.e do NOT need a prescription)
- Order/ Purchase nutritional supplementation for Post-op( CSN, Boost/Ensure/Muscle Milk etc..)**
- Purchase Tylenol (acetaminophen) 500mg Tablets.
- Fill out your pre-operative Outcome Measures

### 1 week PRIOR to Surgery

- Stop** taking NSAIDS (Ibuprofen, Naproxen) and Fish Oil
- Arrange important household items so you don't have to reach overhead with 2 hands
- Move "tripping" hazards such as rugs/ottomans/etc.
- Watch the sling care, cold therapy and adjustment videos:

- Call and arrange for post operative physical therapy.



Sling



Cold Therapy

### 3 days PRIOR to surgery

- Wash shoulder, chest and back with Benzoyl Peroxide wash (10%) once daily for 3 days.**
- Start taking a stool softener 2-3 days before surgery to avoid constipation from opiates.
- Watch for phone call from your surgical location for arrival timing on the day of surgery.

### Night Before Surgery

- Wash your whole body with Hibiclens (pink soap). You do not need to wash your hair or genitals with this soap.
- Take 1000mg Tylenol before bed WITH an electrolyte drink (OptiCharge, Gatorade, Liquid IV)
- NOTHING to eat or drink after midnight
- Do not take Lisinopril or any other ACE inhibitor

### Day of Surgery

- Do not eat breakfast or lunch.
- Arrive 2.5 hours PRIOR to scheduled surgical time.

### After Surgery

- Resume Normal medications
- Set a medication Schedule** – You should take Tylenol (acetaminophen) every 8 hours. If you can take NSAIDs (Ibuprofen/Naproxen) you should take these twice daily.
- Take Vitamin C for 6 weeks following surgery (500mg daily)
- Take Vitamin D for 12 weeks following surgery
- Start Nutritional Supplementation Post op Day 1