

SURGICAL SERVICES

Shoulder Surgery Patient Checklist



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The following is a checklist of things you should do **before your shoulder surgery** to be prepared.

- Attend your pre-admission appointment.
- Attend the Shoulder School Education Class. When you are booked for surgery you may ask how to enroll.
- Enroll in the SeamlessMD remote patient monitoring app. This will provide you with remote patient monitoring, reminders before and after surgery, education resources and support from a nurse practitioner throughout your surgical journey. Once scheduled for surgery you will be contacted about enrollment.
- Practice doing things using only the arm that will not be operated on (e.g. preparing meals, washing yourself, toileting), since your operated arm may be in a sling for up to 6 - 8 weeks.
- Obtain the sling recommended by your surgeon. You will need to bring this to the hospital with you on the day of your surgery.
- Make sure you have a few extra pillows to support your shoulder when sleeping or plan to sleep in a recliner chair.
- Have one or more loose fitting shirts that fasten in the front
- Make arrangements for someone to drive you to and from the hospital and appointments, and for help at home (e.g. grocery shopping, meal preparation, cleaning, laundry and general errands). You will not drive for 6 - 8 weeks after surgery.
- Prepare and freeze meals in advance.
- Make ready-to-use ice packs or other arrangements to obtain a cold therapy device (Cryo-cuff®) which will reduce pain and swelling.
- Arrange for outpatient physiotherapy. Learn about location of physiotherapy clinics, hours and cost/ insurance coverage. There are some OHIP options, including the hospitals and a few clinics in the community. If your surgery is in Thunder Bay it is recommended you attend a session at Thunder Bay Regional Health Sciences Centre the following day or the Monday if your surgery on Friday. Following this time you will attend physiotherapy at the site you have arranged.