

**SHOULDER
REPLACEMENT
PREOPERATIVE
GUIDEBOOK**



Hackensack
Meridian *Health*



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This shoulder replacement handbook contains information that can help you prepare for your surgery. It will also allow you to actively participate in your own healing, so that you can get back to work and other activities quickly and safely.

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WELCOME

Welcome to Hackensack Meridian *Health*, New Jersey's largest and most integrated *Health* network. Our orthopedic and rehabilitation teams are committed to serving you and partnering throughout this important life event, ensuring a personal and coordinated experience every step of the way.

We have assembled a dedicated team of *Healthcare* professionals who take great pride in ensuring that you receive the best quality care. Each year, more than 13,000 patients make us the provider of choice for all of their orthopedic needs – including joint replacement, spine treatments, sports medicine procedures and specialized surgery.

Access to State-of-the-Art Technology and Advanced Procedures

You can have confidence in the specially trained team of orthopedic surgeons and clinicians who use the latest technology and advanced procedures to deliver exceptional patient results. Hackensack Meridian *Health* continuously invests in the latest technologies, facilities and innovative procedures to ensure that the community has access to comprehensive care while ensuring the highest level of patient safety and quality outcomes.

Leaders in their Field

The physicians aligned with our orthopedic program are committed to clinical and research excellence and are established leaders in their field. Many have appeared in publications such as the American Journal of Orthopedics and The Journal of Bone and Joint Surgery, and hold memberships in prestigious national specialty societies like the American Academy of Orthopedic Surgeons, the American Association of Sports Medicine, the American Shoulder and Elbow Surgeons, and more.

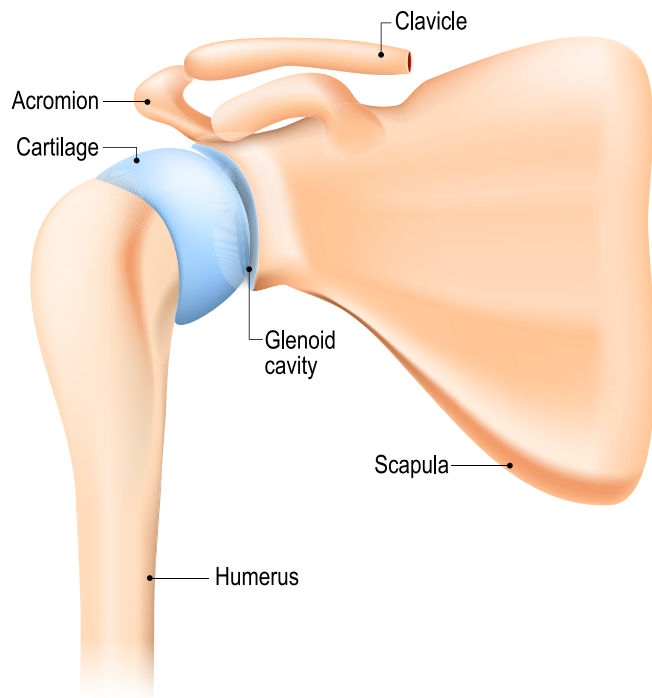
Specialty-Trained Team of Orthopedic Surgeons and Clinicians

At every step of your care experience, you will be treated by a team of specialty-trained orthopedic experts. This team includes board-certified and fellowship-trained physicians, pain specialists, physician assistants, nurse practitioners, nurses, nursing assistants, case managers, and physical and occupational therapists specializing in total joint care.

Awards and Third-Party Endorsements

The hospitals of Hackensack Meridian *Health* consistently receive national recognition for providing high-quality and safe care. This includes recognition in U.S. News & World Report, disease specific Gold Seals of Approval™ by The Joint Commission, and earning clinical quality specialty awards from *Health Grades*. These third-party endorsements speak to the exceptional level of care we provide for Joint Replacement and spine procedures. Likewise, our nursing teams have received Magnet recognition from the American Nurses Credentialing Center for nursing excellence and high-quality patient care.

Your Shoulder



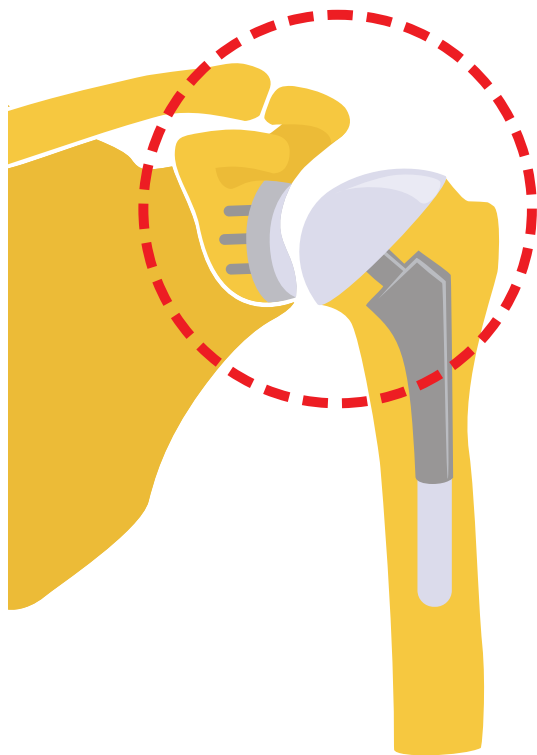
Anatomy of the Shoulder

Your shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle). The shoulder is a ball-and-socket joint: The ball, or head, of your upper arm bone fits into a shallow socket in your shoulder blade. This socket is called the glenoid. The shoulder joint is surrounded by ligaments, tendons, muscles, and a cartilage that covers the surface of the joint.

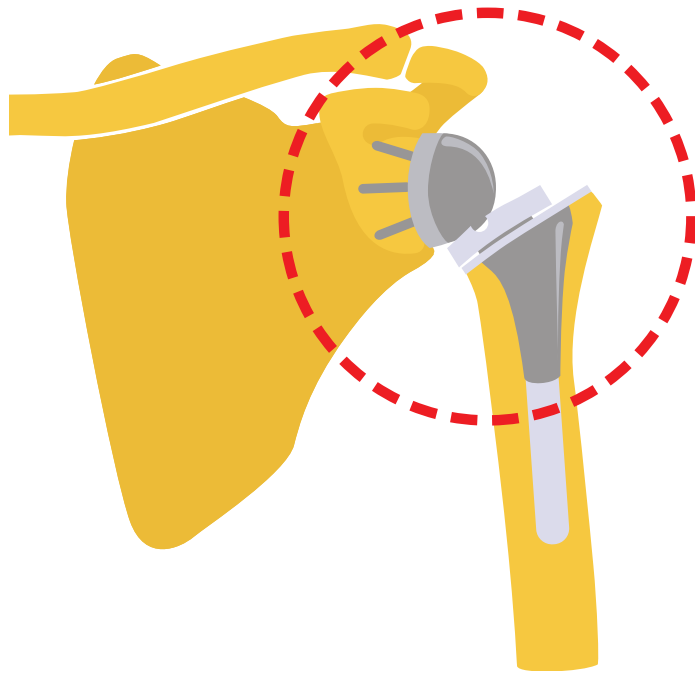
All these structures allow the shoulder to rotate through a greater range of motion than any other joint in the body and provide stability and support.

Shoulder Replacement

There are many different materials and designs used for shoulder replacement. During your surgery, the damaged parts of your joint will be replaced with metal components that recreate the surface of the joint and fit together to maximize your motion and function. After your surgery is complete and you are moved to the recovery area, an X-ray will be performed to confirm the proper alignment of the implants. Your incision will then be closed surgically.



Reverse Shoulder Replacement



An anatomic shoulder replacement device mimics the normal anatomy of the shoulder: a plastic “cup” is fitted into the shoulder socket (glenoid), and a metal “ball” is attached to the upper arm bone (humerus). In a reverse total shoulder replacement, the socket and metal ball are switched. The metal ball is fixed to the socket and the plastic cup is fixed to the upper end of the humerus. A reverse total shoulder replacement works better for people with a torn rotator cuff because it relies on different muscles to move the arm. The reverse total shoulder replacement relies on the deltoid muscle, instead of the rotator cuff to power and position the arm.

The Joint Replacement Guidebook

You have decided that Shoulder Replacement is the correct course of treatment. Prior to your surgery, you will have to prepare yourself and your home. After your surgery, there is also a lot you must do as you return to a healthy and active lifestyle. This guidebook provides you with the information and tools needed to prepare for and recover from your total joint replacement surgery. It is divided into sections to provide information at each stage of the process. Remember, this is a guide. Your clinical team may add to or change recommendations.

II. SELF MANAGEMENT PLAN

Preoperative Overview

During the next couple of weeks, there are a number of items to coordinate and complete to ensure you have the optimal experience and outcomes for your joint replacement procedure. It is critical that you engage with our team to familiarize yourself with the process and commit to a plan to manage your care journey. The following section outlines some of the critical components.

Obtain Medical and/or Specialist Approval for Surgery

You will receive instructions from your surgeon’s office regarding receiving a medical and/or specialty physician exam and approval to proceed with surgery. These evaluations and approvals are required prior to undergoing anesthesia.

Preparations Prior to Surgery

Most patients can return safely directly to their homes after joint replacement surgery. You will be most comfortable and able to maneuver easily at home. To help make your recovery as smooth as possible, planning should begin well before your surgery. You and your family can prepare your home prior to surgery in order to make your transition home easier and prevent injury to your new joint. It is recommended that you have a safety network of friends, family or neighbors to provide a daily check-in, either by phone or in-person, arranged for once you reach home.

Home Safety Assessment

Review this home safety checklist to prepare your home for your return and safe recovery.

General Household Areas:

	Yes	No
Are light switches easily accessible upon entering the room?	<input type="checkbox"/>	<input type="checkbox"/>
Are throw rugs tacked down or is non-skid backing applied?	<input type="checkbox"/>	<input type="checkbox"/>
Are hallways free from clutter?	<input type="checkbox"/>	<input type="checkbox"/>
Are raised door thresholds clearly marked?	<input type="checkbox"/>	<input type="checkbox"/>
Are cords clear of walking pathways?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a portable phone with emergency numbers easily at hand?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have furniture with good back and arm support that you can get in and out of easily?	<input type="checkbox"/>	<input type="checkbox"/>

Stairways:

Are stair treads in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a sturdy handrail on both sides of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Are the stairs brightly lit?	<input type="checkbox"/>	<input type="checkbox"/>

Bedroom:

Is there a lighted pathway from the bedroom to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a clear pathway from the bedroom to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep a charged flashlight near your bed for emergencies?	<input type="checkbox"/>	<input type="checkbox"/>

Bathroom:

Do you have safety rails or grab bars?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have skid resistant strips or rubber mat both in and in front of the bathtub?	<input type="checkbox"/>	<input type="checkbox"/>

Kitchen:

Do you use a wide-based sturdy step to reach into high cabinets?	<input type="checkbox"/>	<input type="checkbox"/>
Are spills immediately wiped up?	<input type="checkbox"/>	<input type="checkbox"/>
Do you avoid using a high gloss floor wax?	<input type="checkbox"/>	<input type="checkbox"/>
Do you store frequently used items at waist level and less frequently used items in higher cabinets?	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Admission Testing

Prior to surgery, in addition to your medical and/or specialist appointments, you may need to come to the hospital for additional tests and screenings. If required, you will be contacted to schedule the visit. This appointment takes approximately 60 minutes and can be arranged to coincide with your visit to the hospital for the preoperative education class.

Identify a Coach



We encourage you to designate a family member or close friend as your coach. Your coach will work with you during each step of your surgical process, beginning with preoperative preparation, to inpatient recovery, and then discharge home.

Your coach's role is to:

- Provide motivation and encouragement
 - Assist with preparing your home for safe return
 - Understand discharge instructions and medications.
- Recognize signs and symptoms of complications
 - It can also be stressful to rely on others to help while you are healing. However, having support from friends and family is of great benefit. At Hackensack Meridian *Health*, resources are available (social workers, counselors, spiritual care, etc.) if you need additional support. Remember to ask for help when you need it.
 - Have realistic goals and keep a positive outlook. Celebrate small achievements.

Preparing for Enhanced Surgical Recovery

A healthy body promotes good healing. Prior to your surgery, focus on the following:

- **Nutrition:** Eat *Healthy* foods such as vegetables, fruits, nuts, whole grains and lean protein.
- **Smoking Cessation:** Quit smoking. Smoking impairs oxygen circulation to your healing joint. Oxygen circulation is vital to the healing process. If you need assistance with quitting smoking, please notify your primary care physician.
- **Pre-op Exercise:** Your physician may prescribe a preoperative exercise plan.

Medication Management: One to Two Weeks Prior to Surgery

Stop Medications that Increase Bleeding

Anti-inflammatory medications such as ibuprofen (Motrin[®], Advil[®]), naproxen (Aleve[®], Naprosyn[®]), vitamin E, etc. may cause increased bleeding. Speak with your surgeon for instructions on what you can take for discomfort. If you are taking a blood thinner such as warfarin (Coumadin[®]), clopidogrel (Plavix[®]), prasugrel (Effient[®]), ticagrelor (Brilinta[®]), apixaban (Eliquis[®]), dabigatran (Pradaxa[®]), rivaroxaban (Xarelto[®]), enoxaparin (Lovenox[®]), fondaparinux (Arixtra[®]), aspirin or any other blood thinning medication, speak with your surgeon and medical physician for instructions on stopping these medications.

Stop Taking Herbal Medicines

Herbal medicines can interfere with other medicines. Please stop taking any of your herbal medicines before surgery. Herbal medicines include, but are not limited to: echinacea, ginkgo, ginseng, ginger, licorice, garlic, St. John's wort, ephedra, feverfew, saw palmetto and kava-kava. Discuss all medicines that you are taking, whether prescribed, herbal or over-the-counter, with your surgeon.

Take Medications as Instructed by Your Clinical Team

You will be notified whether or not you should take any of your medications on the morning of surgery. It is common for heart, blood pressure, and thyroid medications to be taken leading up to, including and after the day of surgery.

Preparing for Your Hospital Arrival

What to Bring to the Hospital

- Bring a list of your current medications (both prescribed and over-the-counter) and your prescription card.
- Bring 1 set of loose-fitting, comfortable clothes such as sweatpants, shorts and loose button-down shirt.
- Bring comfortable, flat shoes that have an enclosed heel and toe, such as walking shoes or sneakers. Non-skid or rubber-soled shoes are preferred.
- Bring personal hygiene toiletries and incontinence products. The hospital will provide basic toiletries. You may bring specific products from home if preferred.
- Bring any special devices that you use at home, such as wrist splints, orthopedic shoes or devices, CPAP machine mask and settings.
- Bring your cellphone and charger.
- Bring a small amount of cash or a credit card if you'd like to participate in our meds to beds program.

What Not to Bring to the Hospital

- Do not bring medications from home unless directed by your physician. Any medications brought to the hospital must be in their original prescription containers.
- Do not bring any equipment such as a walker or cane, as you will use the facility's equipment.

When to Arrive at the Hospital

You will be contacted on the day prior to your surgery (or Friday evening for Monday surgery cases). You will be instructed regarding the time to report to the hospital prior to your surgery.

When to Stop Eating and Drinking

Follow instructions given to you regarding when to stop eating or drinking before your surgery time. This includes gum, hard candy, water, soda, coffee, tea, beer, wine or other alcoholic beverages.

- Brush your teeth, being careful not to swallow any water or toothpaste.

Insurance Benefits

Health care benefits change constantly. Therefore, it is important for you to review your insurance benefits and/or any alternative plans for payment before you come to the hospital.

Find Out About Your Health Insurance Coverage

No individual insurance program or combination – federal, state or private – covers all types of care and expenses. Prior to surgery, understand the limits of both your inpatient and post-hospital medical insurance and rehabilitation coverage. This will allow you to make informed decisions about your care, both while in the hospital and during recovery. Read the written information you have at home regarding your insurance coverage. If you have any questions, call the number on the back of your insurance card. Let the insurance representative know that you will be having surgery. The service representative will speak in general terms and will not know all the details about your surgery. (A list of questions you may want to ask your insurance representative is included in the back of this guidebook.)

Qualifying for Benefits

There is a difference between having a benefit and qualifying for a benefit. Qualifying for an insurance benefit is not a surgeon or primary care physician's decision. Your insurance company will determine your qualification for benefits based on its standards and policies.

III. YOUR SURGICAL EXPERIENCE

Our team is always available to answer any of your questions. Throughout your hospitalization, please inform the staff if we can do anything to help you have an outstanding hospital experience.

Your Surgery

What to Expect in our Surgical Admitting Suite

- You will change into a hospital gown.
- Your health history and medication history will be reviewed by our nursing staff.
- An intravenous (IV) line will be started to provide you with fluids and medications.
- Your surgeon will visit you to identify your operative arm(s) and obtain surgical consent.
- A member of our anesthesia team will visit you to discuss the anesthesia plan and treatment.

What to Expect in the Operating Room (2 types of Anesthesia are utilized)

An anesthesiologist will meet with you the day of your surgery. Two types of anesthesia are utilized in shoulder replacement, regional and general.

- **Regional anesthesia** (Nerve block) involves the injection of a local anesthetic to provide numbness, loss of pain, or loss of sensation to a region of the body. Regional anesthetic techniques include shoulder blocks.
- **General anesthesia** provides loss of consciousness.
- Anesthesia will be administered by your anesthesiologist or a certified registered nurse anesthetist, who is responsible for your comfort and well-being during and immediately after your surgical procedure.

What to Expect in the Post-Anesthesia Care Unit (PACU)/Recovery Room

After surgery, you will be in the PACU, monitored by a certified registered nurse.

- You may feel groggy after general anesthesia. If you had a nerve block, pain and sensation to your surgical arm will be blocked 10-20 hours.
- You will have a shoulder sling on your surgical arm
- The nurse will ask you to move your wrist up and down to make sure you have function in your arm and to help with circulation.
- You will begin your postoperative pain management regimen.
- Once you are fully awake and stabilized, you will transition to the post-operative unit.

You May Have the Following after Surgery

- Oxygen may be used.
- Sequential compression devices (SCD) will be on your legs to help prevent blood clots (must always be worn at all times while in bed or recliner).
- Cold therapy/ice will be applied to help prevent swelling and help reduce your pain.
- A breathing exerciser (incentive spirometer) helps to prevent pneumonia after anesthesia.
- After surgery it's important to perform 10 breaths each hour while awake, then after 10 breaths, cough x 2 to clear any secretions



- With the unit in an upright position, exhale normally, then place lips tightly around mouthpiece. Breathe in (inhale) slowly and deeply.
- Hold your breath long enough to keep the balls, piston, or disk raised for at least 3 to 5 seconds, or as instructed by your health care provider.
- Exhale slowly to allow the balls, piston, or disk to fall before repeating again. Repeat 10 breaths each hour to achieve a slow sustained inhalation.
- Cough twice to clear any secretions after each 10 breaths.

What Your Coach, Family Member or Friend Can Expect the Day of Your Surgery

- Once you are brought into the operating room, our staff will guide family members and friends to the surgical lounge.
- The surgeon will speak with family members or friends who are waiting at the completion of the operation.
- If your family member or friend will not be waiting at the hospital, please provide the nursing staff with the name and phone number of the person whom your surgeon should call at the completion of the operation.



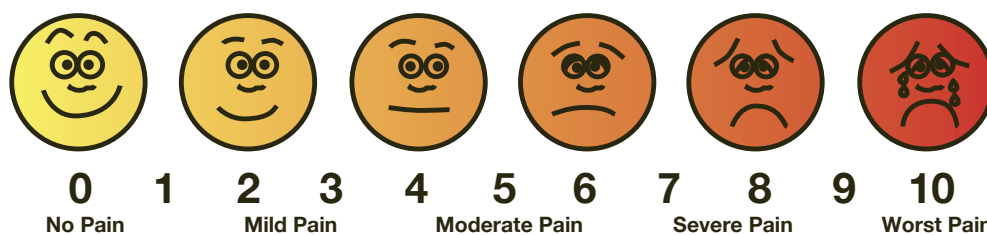
- Family members and friends should take care of themselves while you are having surgery. They should be sure to get something to eat and drink.
- Your belongings can be kept in the car or locker (at Hackensack University Medical Center) until you have a room assignment. You will need those personal items before your family or friend departs for the day.

Pain Management and Integrative Health & Medicine

Pain that is poorly controlled can interfere with recovery, sleep, appetite, activity, relationships and your emotional outlook. Your physicians, nurses and therapists have developed a multi-modal plan for you. Our pain management approach uses medications and non-narcotic treatments to help in your recovery. Pain is expected following joint replacement surgery, but together, we will be able to successfully manage the pain for active participation in your recovery.

Ways You Can Help Us Manage Your Pain

- Your therapists and nurses will ask you to rate your pain after activity, therapy and at rest.
- Describe the type of pain, such as throbbing, shooting, aching, burning, or pressure. This will assist the clinical team in getting you the right type of pain control.
- We will ask you to rate your pain on a scale of 0 to 10. A rating of 10 reflects the worst pain you could ever imagine, a rating of 5 means you feel a moderate amount of pain, and a 0 rating reflects no pain.



Pain Medications (Pharmacological Use)

There are many forms and types of medications used to treat pain. You may be on a combination with some taken orally (by mouth) and some through your intravenous (IV) line. Common side effects include nausea, itching, constipation, sedation and confusion. If you experience these side effects or any others, tell your health care professional/RN right away.

Integrative Health & Medicine Interventions (Non-narcotic Interventions)

Integrative health and medicine focuses on the health and wellness of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being, and understands that the provider/patient relationship is a vital component in the healing process. The goal is to empower the person to be an active participant in their health and to assist them with the tools they need to optimize their life. During your stay, a variety of integrative health modalities are available such as guided imagery, music channel, aromatherapy, acupressure, breathing and relaxation exercises. Patients may also try cold therapy/ice application, repositioning, hand massages and using reading materials to help them relax. Please speak to your nurse to learn which integrative health modalities are offered at the hospital. Further information can be found in the resource section in the back of this guidebook.

Post-Operative Unit

Our nursing staff will monitor you regularly. During this time, we will check on your pain, comfort, bathroom, and personal needs. We will not wake you if you are sleeping, unless you or your physician has asked us to do so.

Immediately Following Your Surgery

Early Mobilization Program

- Early physical therapy and movement is as important as the operation itself for regaining function. The success of your rehabilitation depends on your participation.
- Your therapist will evaluate you on the day of surgery, help you to stand and take a few steps.
- Do not attempt to get up without assistance, during recovery. Pain medications and your sling can alter your balance, **Do Not Attempt to get up ALONE**. PLEASE CALL our staff for assistance. You should review your shoulder replacement directions. Please see the postoperative section in this guidebook.

Your Discharge Day

Prior to leaving the hospital, our team will review your discharge instructions including medications, physical therapy, home equipment, post-op surgeon appointment and home health services, if needed. Be sure to ask questions if you do not have a complete understanding of the instructions.

IV. CARE TRANSITIONS

Expectations of Discharge



Your clinical team will help with setting up your recovery. Patients after shoulder replacement get discharged directly to their home the same day of surgery or one day post op to start the next phase of recovery with outpatient rehabilitation. Our discharge planner (Care Management) will help you arrange for any necessary assistive equipment you may need. You will be expected to coordinate appropriate transportation as you will be unable to drive.

Prior to surgery, it is important for you to make plans for support at home. Should you have more complex needs at the time of discharge, please speak with your surgeon, physician assistant, nurse practitioner, physical therapist.

Hackensack Meridian Health offers a full continuum of care and resources to help with your recovery. Occupational Therapy and exercise are critical to your recovery. An occupational therapist will continue to focus on improving your motion, strength and mobility. To avoid any gaps in rehabilitation, be sure to contact outpatient physical therapy to schedule your appointments.

Outpatient Rehabilitation

Our outpatient rehabilitation network offers a full array of rehabilitative and wellness therapies, treatments, and programs. Our goal is to restore your movement and function, relieve pain, and prevent further injury so you can lead an active and independent life. Your clinical team can provide a list of rehabilitation providers. Information is also available on HackensackMeridianHealth.org.

Home Medical Equipment

There is nothing like being in your own home when you are recovering from an illness or injury, but sometimes your recovery may be made easier with the assistance of medical or safety equipment like a cane, crutches, commodes, and/or bath benches. Check with your insurance carrier to understand coverage available for this equipment.

To learn about the many services offered by Hackensack Meridian At Home, call 1-800-655-2555.

Home Care Services

Hackensack Meridian *Health* delivers New Jersey's most comprehensive range of home health care services, programs, technologies, and solutions. Contact information is listed by county:

Monmouth and Ocean Counties

Hackensack Meridian *Health* At Home and Hospice 1-800-655-2555

Passaic, Bergen, and parts of Morris Counties

Visiting Health Services of New Jersey 1-844-777-0711

Union, Somerset, and Middlesex Counties

Hackensack Meridian *Health* JFK At Home and Haven Hospice 1-800-401-9212

Postoperative Care

Post-Surgical Do's and Don'ts

Do's

- Protect your shoulder until it is fully healed.
- If prescribed by your doctor, wear sling at all times.
- Remove sling only for activities as directed by surgeon.
- Set up a firm chair with armrests.
- Set up a table on your good side beside your chair/bed for frequently-used items.

Don'ts Precautions

- Don't use the arm to push or pull yourself up in bed or from a chair because this requires forceful contraction of muscles.
- Don't lift with operative arm.

Post-Operative Appointments with Your Surgeon

You will require a post-operative appointment with your surgeon. Your care team will discuss this with you at the time of discharge.

Caring for Yourself at Home

When home, there are a variety of things you need to know for safety, speedy recovery and comfort.

Incision Care/Dressing Changes

- Your incision should remain dry until seen at your post-operative visit (surgeon will give specific instructions on bathing).
- Do not put any creams on your incision unless otherwise directed by your physician.
- Notify your physician if you experience an increase in redness, warmth, odor or excessive drainage at the incision site. Call your surgeon's office if you notice these changes.
- Avoid touching your incision.
- If instructed to change your dressing, wash your hands before and after changing your dressing.

Pain Management

- It is important to take pain medication with food and as prescribed by your surgeon.
- It may be helpful to take your pain medication about 30 minutes before your planned therapy/ exercise session.
- Don't wait until discomfort becomes severe to take medication.
- **Do not drink alcohol** or drive while taking pain medication.

As you have less discomfort, start to decrease how many pain pills you are taking and how often you are taking them. Eventually, you will no longer need pain medication. Applying an ice pack to your shoulder as directed several times per day can help the discomfort.

Constipation

Constipation may result from pain medication. To avoid this, drink plenty of fluids and eat high-fiber foods (e.g. whole wheat grains or bread, high fiber cereals like Raisin Bran, vegetables, beans, prunes/prune juice, and dried fruit). Your doctor might recommend taking an over the counter stool softener or laxative if needed. If you do not have a bowel movement within 24 to 48 hours after discharge, contact your primary care physician.

Activity

- It is important to progress your activity as recommended by your physician and/or physical therapist.
- **RETURN TO DRIVING** based on your surgeon's instruction.

Resuming Intimacy

- Resuming sexual relations after surgery may take several weeks. You must allow enough time for the incision and the muscles around the shoulder to heal. Discuss with your physician when you can resume these activities.
- You may also discuss the safe positions for sex without causing any injury to the shoulder.

Sleeping Positions

Finding a position that is both comfortable and safe is important during the early weeks following surgery for Shoulder replacement.

- Sleeping with your head of bed elevated after shoulder replacement surgery is recommended for comfort during recovery. Use pillows, a wedge or recliner if available.

Call Your Surgeon

Monitor and call your doctor if you experience the following:

- Increased redness, heat, swelling around incision w/ increased pain
- Foul smelling drainage from incision
- Increased drainage from incision
- Persistent fever greater than 101.5, chills, body aches
- Unusual pain or swelling in your calf muscle
- Chest pain or palpitations or new onset heartburn
- Blood in urine, burning, or inability to urinate
- Sudden onset of severe pain, new pain, or limited movement in your joint
- Excessive bruising or bleeding of gums, nose, or after a bowel movement. This also includes black tarry stools.
- If you have fallen, even if you feel injury in minimal
- Slight confusion, excessive fatigue, severe headache, or lack of coordination.

Prevention of Complications

Medication

Compare your home list of medication with your discharge list of medication and be sure to ask any questions that you may have. Check to see if the dose or frequency has changed or if the medication has been discontinued.

Avoiding Infection

Hand washing (or an alcohol-based hand cleanser) is the most important step for preventing infection. You and your caregiver need to wash your hands prior to changing the dressing over your incision. Eating a healthy diet and drinking plenty of fluids can also help prevent infection.

Anticoagulant Therapy may be utilized

Anticoagulant medication (e.g., aspirin) prevents blood clots from forming. The medication may be in pill form. Take this medication for as long as directed by your doctor.

Signs of Adverse Effects of Blood Thinners

Blood thinners can cause bleeding if your blood becomes too thin. Call your doctor right away if any of these signs and symptoms are present.

- Excessive bleeding from your surgical wound
- Excessive bleeding from your gums while brushing your teeth
- Frequent or severe bruising
- Nosebleed for more than a few minutes or it does not stop with pressure
- Dark or bloody urine
- Bowel movements that look black, tarry or are bright red
- Unusual bleeding

Call your doctor if you sustain any falls or injuries while taking blood thinners.

Signs of Blood Clots

- A blood clot in the leg can travel to the lung. This can lead to shortness of breath, chest pain, coughing up blood, or unexplained anxiety, especially with breathing.
- **Call 911 for this medical emergency.**

To Help Prevent Blood Clots

- Perform your exercises; don't forget your ankle pumps.
- Walk several times a day.
- **If ordered, take anticoagulants (blood thinners) as directed.**



V. RESOURCES

Advance Directives

Put Your Health Care Decisions in Writing

The State of New Jersey, the hospitals within the Hackensack Meridian *Health* network, and the professionals who provide your care consider health care planning very important. For that reason, every patient is asked about and encouraged to prepare an advance directive. This allows a patient to place their wishes and individual considerations at the forefront of their care so the medical team can respect and uphold those wishes.

Under New Jersey Law, there are three kinds of advance directives.

- **Proxy Directive:** appoints a person (health care representative) and an alternate representative to make health care decisions when you are not able to do so. This is sometimes called a health care proxy or a health care power of attorney.
- **Instruction Directive:** states your treatment wishes and/or instructions. This is sometimes called a living will.
- **Combined Directive:** appoints a health care representative and states your treatment instructions. An advance directive goes into effect when you are temporarily or permanently unable to make health care decisions. If and/or when you regain decision-making ability, you will resume making your own health care decisions. In the absence of an advance directive, your next-of-kin has the legal authority to make health care decisions for you (spouse, oldest adult child, etc.). There is no specific form that must be followed in New Jersey and you do not need a lawyer to prepare an advance directive. In fact, the document is considered legal if it is witnessed by two adults (not named as a health care representative or alternate) or notarized. At Hackensack Meridian *Health*, health care professionals (with the exception of your attending physician) can serve as witnesses. For more information or to request a form or assistance with completing an advance directive, speak with your nurse.

Individual Hospital Visitor Information

Information regarding visiting policies, directors, parking and dining options at each Hackensack Meridian *Health* facility can be found on the hospital websites.

Bayshore Medical Center

Hackensack University Medical Center

Jersey Shore University Medical Center

John F. Kennedy Medical Center

Mountainside Medical Center

Ocean University Medical Center

Old Bridge Medical Center

Palisades Medical Center

Raritan Bay Medical Center

Riverview Medical Center

Southern Ocean Medical Center

Questions to Ask About Your Insurance Benefits

- What is the name of the person with whom you are talking?
- Do I have home health benefits for in-home physical/occupational therapy or nursing? Yes / No
 - If yes, what are they? ■ Is there a preferred provider?
- How many days a week are physical/occupational therapy or nursing services covered?
- Do I have durable medical equipment benefits [walker, crutches, toilet seat extender]? Yes / No
 - If yes, what are they? ■ Is there a preferred provider?
- Do I have outpatient physical/occupational therapy benefits? Yes / No
 - If yes, what are they? ■ Is there a preferred provider?
- Do I have a limit on the number of physical/occupational therapy visits per year?
- Is there a deductible or copay for any of these services?
- Any additional questions?



Integrative Health & Medicine

Guided Imagery Audio Series

Guided imagery, sometimes referred to as visualization, is a powerful technique that uses the mind to introduce positive mental images. The body interprets these images as real, leading to physiological changes. Guided imagery has many uses, including promoting relaxation, helping to manage pain, and assisting with sleep. Research shows that listening to guided relaxation and imagery programs can provide

a valuable benefits to overall health and well-being. These programs also promote relaxation during medical tests, medical procedures, and chemotherapy treatments.

Guided imagery can be accessed at HackensackMeridianHealth.org/guidedimagery. Listen once or twice a day if possible, any amount can be beneficial to your preparing your body for healing. If you choose the “Sail Through Surgery” audio program, listen twice a day beginning one-to two weeks prior to your scheduled surgery. Even listening the day before can be helpful. Studies show that being in a relaxed state may be beneficial to reduce complications from surgical procedures. Find a quiet place, make yourself comfortable, and give yourself permission to relax. Stretch a little before returning to daily activities, unless your intention is to fall asleep.

Sail Through Surgery: designed to help prepare for surgery. It begins with a guided relaxation and provides suggestions and pauses to visualize healing. It includes healing statements or affirmations and a 5 minute guided relaxation to calm your mind and body before surgery.

Relaxation: takes you through a guided visualization to support healing and relaxation. It includes a shorter visualization for those who are pressed for time. The last track is relaxing music.

Sound Sleep: can be used to assist anyone having difficulty falling asleep or staying asleep, concluding with relaxing music.

Easing Pain: guides you through a visualization to help manage pain. The last track is relaxing music.

Aromatherapy

Aromatherapy is the therapeutic use of essential oils from plants for the improvement of physical, emotional, and spiritual well-being. Integrative medicine research shows that therapeutic-grade essential oils have chemical properties that can reduce pain, nausea, and anxiety and improve sleep.

How does Aromatherapy work?

Inhaling an essential oil is a quick way to experience its benefits. Once inhaled, the fragrance enters through the nasal passage and travels to the olfactory bulb. The fragrance is sent to the center of the brain where it is processed and neurochemicals are released. Depending on the inhaled essential oil, these can be relaxing, stimulating or sedating. In the inpatient setting, we are currently offering five different inhalers available to patients, as a complementary therapy for symptom management. Your nurse will teach you how to use the aromatherapy inhaler.

Suggested Scents:

Peppermint/Ginger – Lessens nausea and upset stomach

Lavender – Promotes sleep and relaxation; decreases pain and anxiety

Calm – Promotes relaxation; supports an enhanced sense of well-being

Marjoram – Decreases pain; promotes muscle relaxation

Citrus – Mood enhancing; decreases nausea and promotes relaxation

Acupressure

Acupressure is a non-invasive technique that can be used as a self-care tool. You do not need any special training to use this acupressure point and you can do it to yourself or have someone do it for you. Even better, this self-care tool can be very effective, and can be used as often as you need. In fact, many medical studies show that using this acupressure point is a safe and effective way to reduce nausea. Apply firm pressure to this area on the inside of your wrist to help with nausea and/or vomiting from: upset stomach, motion sickness, chemotherapy or after surgery due to the effects of anesthesia.

Pericardium 6 (P6) Acupressure Point



Step 1: Find the point, three finger widths from base of wrist.

Step 2: Now feel the center of the two tendons with the index finger. Apply pressure with your pointer finger. It is common to feel a dull aching sensation at the point. Stimulate this point with moderate to firm pressure with your

fingertips in a circular motion and repeat the movement on each wrist for at least 30 seconds and up to 2 minutes. The treatment can be used as often as needed. Once you know the location of the point, some people find it is easier to use their thumb to apply the pressure.

Make sure to ask your *health* care provider exactly how to use these mind-body techniques. Adapted from: www.azcim.org

Breathe

4-7-8 Breathing

This powerful breath technique, recommended by Andrew Weil, M.D. has a calming effect on mind and body, including slowing down the autonomic nervous system, which controls the heart. The key to doing this exercise properly is to ensure that your exhalation is twice as long as your inhalation.

Instructions:

1. Sit or lie comfortably with your back straight.
2. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout the entire exercise.
3. Exhale completely through your mouth.
4. Close your mouth lightly and inhale through your nose quietly to a count of 4.
5. Hold your breath for a count of 7.
6. Exhale audibly through your mouth for a count of 8.
7. Repeat steps 4-6 three more times for a total of four breath cycles.
8. Breathe normally and observe how your body feels.

Tip: For one month, try using this practice twice a day and any other time you want to relax your body and mind. As you become comfortable with this technique, you can gradually increase the number of breath cycles to 8.

We Welcome Your Feedback

A survey may be mailed to you after you are discharged from the hospital. Please complete the form and return it to us to help assess your level of care and offer suggestions regarding any areas of improvement.

Thank you for making us your provider of choice. We wish you a speedy recovery.

Please review the [Home Safety Assessment](#) checklist on **page 7** to prepare your home for your return and safe recovery.



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