

**Name:** \_\_\_\_\_ **Date of surgery:** \_\_\_\_\_  
Arrive: \_\_\_\_\_ Surgery: \_\_\_\_\_

**Pre-surgery checklist:**

1. **Call Centralized Scheduling at (314) 768-2500** to schedule your pre-surgery evaluation at the Surgery Evaluation Center (SEC). Your appointment should be no later than \_\_\_\_\_ Date of SEC Appointment: \_\_\_\_\_

2. **Call your primary care physician to schedule your pre-surgery medical clearance appointment.** Your appointment date should be no later than \_\_\_\_\_ (You should be seen in the SEC before going to your primary care physician.)

Date of Primary Care Physician Appointment: \_\_\_\_\_

3. **Read through the patient education book, Your Pathway to Shoulder Surgery Recovery.** We have explained important information, including how to prepare for surgery and what to expect after surgery during your recovery.

4. **Watch** the Total Shoulder Replacement Education Class. You will receive a MyChart message/email from our office with a link to a short class video, or you may scan the QR code (page 3). Viewing this class is required before your surgery.

5. **Call the office to schedule your 3-week and 6-week postoperative appointments** once your surgery is scheduled.

3-week appointment: \_\_\_\_\_ 6-week appointment: \_\_\_\_\_

If you have any questions, please call Dr. Burns' office.  
Phone: (314) 291-7900 Fax: (314) 291-3466

## 1. Surgery Evaluation Center (SEC) at SSM Health DePaul Hospital

The Surgery Evaluation Center (SEC) is SSM Health DePaul Hospital's pre-surgery department for medical evaluation, health history, testing, and education.

- Appointments are available Monday-Friday, 7:30 am to 3 pm. **314-768-2500**. Your appointment will take approximately 1½ hours to complete.
- Arrive 15 minutes before your SEC appointment, check in at **Outpatient Registration** in the lobby of the **South Medical Building, 12277 DePaul Drive**. Once you are registered, a member of the registration staff will escort you to the SEC in Suite 200.
- If you are running late, lost, or need to reschedule, call 314-344-6864.

**You will need to bring the following items with you to the SEC:**

- Insurance card
- Driver's license
- Copy of your Living Will or Advance Directive, if you have one
- Medications, including any over-the-counter medications (i.e., eyedrops, vitamins, etc.)
- Specific brand information if you have an implanted defibrillator or pacemaker.
- Results of bloodwork, EKG, echocardiogram (echo), and/or stress test if completed within the past 6 months at a non-SSM Health office.

## 2. Preoperative medical clearance

*When you go for your appointment with your medical doctor, **take the doctor letter and medical clearance form enclosed in this packet.*** If you have a history of heart, lung, or other organ problems, your primary care doctor may request additional testing (stress test, etc.), or additional medical clearance (from a cardiologist, for example). For this reason, it is best to see your doctor as soon as possible after your Surgery Evaluation Center appointment. Your test results from the SEC can be faxed to your primary care doctor before your appointment.

***NOTE: The minimum testing required by Anesthesia consists of 2 blood tests (CBC and CMP) and an EKG. These tests **MUST** be performed either through the SEC or your primary care physician, within 6 months of your surgery, no exceptions.***

## 3. Read the book **Your Pathway to Shoulder Surgery Recovery**

Read this booklet from cover to cover! It was prepared for patients who will have surgery at SSM Health DePaul Hospital. The information included tells you how to prepare for surgery, describes your surgery, and answers most questions about your recovery after surgery. Bring it with you to the hospital. Your therapist will refer to it and any additional precautions and instructions will be given at the time of your discharge after surgery.

#### 4. Total joint replacement education class

**Your doctor requires all patients having surgery to view a preoperative patient education class.** A nurse will discuss how to prepare for surgery, what to expect the day of surgery, and what to expect after surgery during your recovery. Research has shown that patients who watch this class will experience better outcomes after surgery. Scan this QR code with your phone or tablet camera to watch as many times as you need.

Spouses and family members are encouraged to watch the class with you.  
Fact: Informed patients have better joint replacement results!



#### 5. Medications

If you take a vitamin D supplement, continue with your present dose. If you do not currently take a vitamin D supplement, begin taking 5,000 units vitamin D2 or D3 supplement once daily for 4 weeks before surgery, and continue for 2 weeks after surgery, to assist with healing.

Most regular daily medications can be taken until midnight before the day of surgery. The **exceptions** are listed below.

- If any of your regular medications need to be taken **on** the morning of surgery, you will receive instructions from the pre-testing nurse in the Surgery Evaluation Center.
- Please check with your **Primary Care Physician** for specific instructions on your particular medications if you are uncertain.

**Discontinue taking any non-steroidal anti-inflammatory (NSAID) medications 7 days before your surgery date.** NSAIDs thin your blood, which increases blood loss during surgery. *Celebrex is the ONLY exception, and it can be taken up until the day before your surgery.*

**Non-steroidal anti-inflammatory drugs (NSAIDs)** include aspirin, ibuprofen (Advil or Motrin), Aleve, Naprosyn, Mobic, Voltaren (diclofenac), Relafen (nabumetone), etc.

**Blood-thinning medications [Plavix, Coumadin (warfarin), Pradaxa, Eliquis, Xarelto]**

We prefer that blood-thinning medications be stopped about one week before surgery. You will need to contact your primary care physician *who is prescribing your medication* well in advance of your surgery to make the decision on when you should stop taking your blood-thinning medication.

**Vitamins/herbal supplements and remedies/fish oil supplements**

Discontinue taking all vitamin, herbal, and fish oil supplements **7 days** before your surgery.

It is unknown how these over-the-counter medications affect blood thinning, so stop taking them as a precaution.

### **Medications to continue until day before surgery**

- You may continue to take 81mg (baby) aspirin.
- You may continue your vitamin D2 or D3 supplement
- You may take over-the-counter Tylenol (acetaminophen) for pain control.

## **6. DO NOT EAT anything after midnight, drink clear liquids only**

Beginning at midnight the day of your surgery: **DO NOT** eat solid foods, gum, candy or mints. See the NPO guidelines in your patient education booklet for approved clear liquids you may drink up until 2 hours before your arrival at the hospital.

## **7. Miscellaneous**

### **Insurance, disability, FMLA forms**

Mail or bring to the office any disability or insurance forms (including those for *Family and Medical Leave Act*) that your employer, insurance carrier, or creditors will need before your time off for surgery. *Make sure you fill out your portion of these forms before giving them to us.* Please include instructions on where they should be sent once completed (faxed to employer, mailed to your home, etc.). Please allow 10 days for processing. *Forms that require specific clinical information will not be completed until after your surgery.*

*If your spouse or other family member will be taking time off work to care for you*, they also will require forms to be completed. We will need to know how much time that family member will be off work to complete the forms accurately. If your employer prefers to fax the forms to us, they should be faxed to the office (see bottom of page 1 for fax number). Please allow 10 days for processing.

### **Handicap parking**

If you anticipate needing a temporary handicap parking placard after your surgery, please call the office before your surgery. We will mail an authorization form for you to take to your local license office.

### **Insurance authorization**

Our office will contact your insurance company for precertification (prior authorization) for your surgery. To do this, we must have current insurance information. If your insurance information has changed in any way (new cards, new employer, new insurance company, etc.), please send a copy of both the front and back of your card(s) to our office as soon as possible.