



## Dr. Izquierdo's Preoperative Surgical Instructions

### Capsular Release and Manipulation

#### History and Physical/Medical Clearance

Dr. Izquierdo will be performing your surgery. He performs all of his own surgical procedures.

After your surgery is scheduled Vanessa, our surgery scheduler 779-220-5009, will instruct you on appointments that need to be completed prior to surgery.

- This may include a preoperative physical exam, blood work and EKG and a pre-operative appointment with Marie Rivers PA-C. These appointments must be within 30 days of the planned procedure.
- If you see any specialists, such as a cardiologist or pulmonologist, you will need clearance from them prior to surgery. Please bring a complete list of medications (prescription and over-the-counter) you are taking to these appointments.

#### Dental Work

Please avoid routine dental work 2 weeks before or 3 months after surgery.

If there is a dental emergency, 2 weeks prior to surgery or within 3 months after surgery, you will need to be pre-medicated with anti-biotics.

#### Flu Shot

No flu shots for 2 weeks before and up to six weeks after surgery

#### Medications

We ask that all patients stop medications that thin or anti-coagulate the blood. These medications such as **Ibuprofen (Advil or Motrin), Aspirin, naproxen (Aleve), nabumetone (Relafen)** and all other **anti-inflammatory** medications can affect blood clotting. Please stop these medications 7 days prior to surgery.

Medicines such as **Coumadin, Plavix, Eliquis, Pradaxa, Arixtra and Xarelto** must also be stopped. However, special arrangements may be required before you discontinue these medications. We recommend you contact the physician that prescribed the medicines for you for instructions to discontinue use.

You should also notify the surgeon of any medications you are taking and we recommend that you bring a complete list of all your medications to your appointments.

***Stop all over-the-counter herbs such as Fish Oil, Co-Q10 and Saw Palmetto, including teas as well as all vitamins and minerals 14 days prior to surgery.***

### **Night before Surgery**

**DO NOT** eat or drink anything (including coffee, tea, milk and gum) after midnight the night before surgery unless otherwise instructed by your surgical facility. Certain medications can be taken the morning of surgery with a sip of water. Please confirm this with your Primary Care Physician and anesthesia. Diabetic medications may require special dosing which will be provided by your physician.

### **Surgical Site**

If your surgical site has any type of insect bites, skin irritation, rash, or acne, please call Becky at 779-220-5018, Ashlee 779-220-5029 or through your patient portal to notify them or leave a message so they can contact you. Such conditions could be cause for cancellation of surgery.

### **Pain Medication Refills**

Pain medicine prescription refills after surgery will be filled **Monday through Friday 8AM to 3PM only**. Please allow up to 48 hours to have your prescription filled. All pain medications will need to be handwritten and picked up either in Crystal Lake or our Huntley office. **No prescription will be issued on weekends or after 3PM on weekdays**. If you are in need of a pain medication refill over the weekend you will need to be evaluated in an Emergency Room.

### **Pain Medication**

Post-operative medication will be given to you at your pre-op appointment. A prescription for Percocet 10/325 #70 for severe pain and Tramadol 50 mg for moderate pain will be given to you. **Do not take these together or with alcohol, recreational drugs etc.** One or the other can be taken.

### **Anti-Inflammatories**

No NSAIDS for 4 weeks post-op such as Advil, Ibuprofen, Aleve and prescription strength anti-inflammatories. Anti-inflammatories can slow down the healing process.

### **Nausea Medication**

A prescription for Zofran ODT 8 mg #8 or Phenergan 25 mg #20(for nausea) with one refill will be eprescribed to your pharmacy prior to surgery.

### **Interscalene Block**

An Interscalene block (ISB) is a nerve block in the neck used to provide excellent pain relief for shoulder surgery. It numbs the main nerve bundles that affects the shoulder in the same way a dentist uses an injection to numb a tooth or part of your mouth.

The benefits of an interscalene nerve block (ISB) for shoulder surgery are:

1. Reduced risk of nausea and vomiting and sedation
2. Earlier to leave the hospital or surgery center
3. Early intake of food and drink
4. Excellent pain control
5. Lighter general anesthetic with speedier recovery from the anesthesia

### **Going home with an ISB**

The nerve block technique in shoulder surgery is a single injection that is intended to last 12-24 hours.

After leaving the hospital/surgery center, it is extremely important that you take regular pain medication at the times prescribed from the moment of discharge. This is to avoid unpleasant pain at the time when the nerve block begins to wear off (which can be in the middle of the night).

### **Management of the “Numb Arm”**

You should carry the “numb” arm in a sling until normal sensation and motor function return. You should protect the arm from heat or pressure injury and extremes of movement. You should take care not to come in contact with extremely hot or cold items because you will not be able to protect yourself from injuries of extreme temperatures.

### **Side effects of ISB**

Most side effects are related to the local anesthetic spreading and numbing the nerves adjacent to the ones that supply the shoulder and arm. Any or all of the following can occur, but all resolve spontaneously as the effects of the local anesthetic wear off. In extreme cases this can last 2-3 months.

- Shortness of breath – The injection in the neck can also numb half of the diaphragm (a muscle used in breathing). Some people can feel slightly short of breath, although in most this does not affect greatly the ability to breathe adequately.
- Blurred vision (Horner’s Syndrome) – 20%. This is seen as a drooping eyelid and slightly blurred vision on the side of the block and it is usually not a problem. Symptoms pass as the block wears off.
- Hoarseness – 15%. Due to the nerve supplying the voice box being numbed. This improves as the local anesthetic wears off.
- Difficulty swallowing water – 15%. Due to the nerves supplying the voice box and throat being numbed. This effect can usually be overcome by “conscious” swallowing and usually is not a problem.
- Residual numbness may be experienced for an extended period of time. This typically will completely resolve and we just monitor your symptoms

## **Stool Softener**

The pain medication can cause constipation, so make sure you are staying well hydrated with water/fluids. If you have not used a stool softener in the past Senecot-S is a natural stool softener that can be purchased over the counter at your local pharmacy.

- Take two Senecot-S the night before surgery.
- Following the procedure we recommend that you take two Senecot-S a day while taking your narcotic pain medication to help prevent constipation.

## **Physical Therapy**

We would like you to begin physical therapy immediately after surgery, preferably the next day. If your surgery is on a Friday you will begin on Monday. If your surgery is on a Wednesday you will begin on Thursday. You will be attending physical therapy 4 times a week for the first four weeks. You will be given a prescription at your pre-operative appointment. We would like this scheduled as soon as you can, so there is no delay in your post-operative care.

## **Sling**

You will be given a sling for comfort after surgery. We would like for you to start using your arm ASAP and discontinue the use of the sling as soon as you can.

## **CPM**

For patients having a shoulder arthroscopy for capsular release and manipulation we will be prescribing a CPM-continuous passive motion machine. This machine is set up through an outside vendor that will deliver the machine to your home between 1-3 days prior to surgery. You will use this machine 2-3 times a day to help maintain the range of motion we obtained during surgery for the first four weeks post-operative.

All CPM questions for instructions and billing should be directed to the representative that brought the device to your home.

## **FMLA/Short Term Disability Paperwork**

If you need leave of absence forms filled out for your employer, please request these from your employer and have them sent to us as soon as possible. Please allow 5-7 business days for completion.