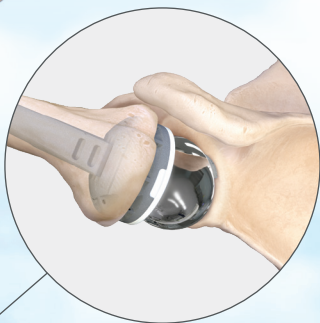


A Patient's Guide to Outpatient Total Shoulder Joint Replacement Surgery



Arthrex® 

Inpatient vs Outpatient

When it comes to joint replacement surgery, you undoubtedly want to know your options. This guide is designed to inform you about the difference between inpatient and outpatient surgery settings to better understand what your surgeon has chosen for you.



Understanding Your Joint Replacement Treatment Options



Inpatient surgery is done in a typical hospital setting and requires you, as the patient, to stay at least one night starting the day of your procedure (average for joint replacement patients is 2-3 days). This is to allow your treatment team to monitor your health and recovery immediately following surgery, especially if you have coexisting conditions.



Outpatient surgery is often performed in a separate department of the hospital or at a distinct surgery center. These care centers usually discharge patients the same day of surgery and frequently offer patients all-around higher levels of quality, experience, and satisfaction when compared to inpatient settings.^{1,2}



Is Outpatient Surgery Right for You?

Outpatient surgery has increased in popularity over the recent years due to its studied benefits for better outcomes and decreased complications for patients.²

Outpatient surgeries often result in less intraoperative time, meaning less time in the operating room, and therefore less anesthesia. This can also translate to lower costs overall. Additionally, patients who had their surgeries in an outpatient setting reported higher levels of satisfaction.^{3,4}



Inpatient



Outpatient

Preparing for Outpatient Surgery

Joint replacement surgery is a team effort, and it is recommended that someone, whether it's a spouse, partner, or a close friend, is designated to assist you throughout the journey. This is someone who would be willing to join you during preoperative appointments and support you along the postoperative path to regaining mobility.

Before Surgery

Your doctor may request medical imaging of your affected joint, which could include an X-ray, CT scan, MRI, or a combination of these tests. This imaging helps determine the current condition of your joint and provides your doctor with preliminary information to consider treatment options.

Other tips for preparation include:

- Make sure items needed for everyday life are easily accessible and on low shelves
- Practice doing things with the hand on your side
- Prepare meals and nutrition supplements in advance
- Ensure you have elastic, comfortable clothing for your recovery period

Day of Surgery

As directed by your surgeon and care team, you will likely need to arrive several hours prior to your scheduled procedure to begin preparations.

You will be carefully monitored by your surgeon; anesthesiologist, and a team of nurses leading up to and during your surgery. Depending on the surgery you are receiving, procedural time varies. Outpatient treatment does not require an overnight stay and time in the operating room is typically 1-2 hours.

After your surgery, you will be moved from the operating room to the recovery area. There, you will continue to be monitored closely and, typically within a few hours, you'll have an X-ray taken of the joint that was operated on. Depending on your response to the anesthetics and postoperative status, time spent in the recovery area will vary.

Going Home Same Day

Depending on your status in the recovery area, you may be discharged by your doctor. It is important to follow the postoperative care steps provided by your doctor to ensure proper recovery and rehabilitation. As each patient is different, your doctor will discuss these steps with you again before you're discharged home.



Tips for Sleep Recovery

- Frequent application of ice in the first few days after surgery will help with pain and swelling
- Sleep slightly upright using a wedge pillow or in a recliner with your arm propped forward
- Prioritize proper nutrition as advised by your surgical team
- Plan to walk or ride a stationary bike to enhance blood flow and ease pain
- Lean forward in the shower and let your arm hang to clean the armpit area
- Use postoperative medications as directed by your surgeon
- Stool softener and fiber supplements can be used to regulate bowel movements

Recovery from shoulder replacement surgery can vary from person to person and **should be discussed with your surgeon**, but here are some general guidelines for what to expect:

- **Weeks 1-2:** Pain and swelling will decrease. It is important to ice the surgical region often and make sure bandaging covers your incision while showering. You'll wear a sling during sleep and to perform light activities.
- **Weeks 2-4:** Stitches or staples will be removed, allowing you to clean with soap and water. Gentle physical therapy exercises will begin at the discretion of your surgeon, including movement of your hand and elbow. You may return to nonmanual work such as computer use.



- **Weeks 6-12:** You will be concentrating on regaining motion; you should return to normal everyday activities.
- **Months 2-3:** You may start strengthening exercises.
- **Month 6:** You should be able to return to most recreational activities.

Key Takeaways

Here is what can potentially be expected from your surgery being performed in an outpatient surgery center:

- *Lower* risk of postoperative complications and infections, along with lower overall costs and wait times.
- *Higher* patient-reported outcomes, experience, and levels of communication, as well as a chance of faster surgical and recovery times.

We understand that deciding to have joint replacement surgery can be a stressful and complex process. This guide was designed to help you understand joint replacement and the potential option of having surgery in an outpatient setting. Knowing what to expect is important for making the best possible decision and, in turn, being involved in your own treatment decision-making process.

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