



Thomas Obermeyer, M.D.



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Orthopedic Specialists  
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## SPECIFIC PREOPERATIVE INFORMATION: SHOULDER REPLACEMENT

The following is some specific information about your shoulder replacement for you to review.

### **Once surgery date is scheduled:**

- ☐ Schedule an appointment with your Primary Care Physician and any other specialist you regularly see (eg. Cardiology) for Medical Clearance.
  - Medical Clearance is good **within 30 days** of surgery.
- ☐ Complete lab work/testing as ordered by your primary care physician or specialist.
- ☐ Dental evaluation (Within 6 months of surgery) to mitigate infection risks.
  - Note for your dentist to complete can be found at <https://www.obermeyermd.com/wp-content/uploads/2025/07/Dental-Clearance-Form.pdf>
  - Fax clearance to (847)285-4318.

### **2-6 Weeks prior to surgery: preoperative CT scan**

- ☐ Preoperative CT scan is required for shoulder replacement in the weeks prior to your scheduled surgery date. This is required for the digital planning of your surgery. We recommend completing the scan at facilities we routinely work with below to ensure the proper CT protocol is followed so the scan does not need to be repeated.
- ☐ Please schedule the scan early so there is sufficient time to process the information. If you are traveling from a distance and require the scan elsewhere, please inform us at (847)285-4390.
  - St. Alexius Medical Center CT Scheduling (877)717-7700.
  - Bright Light Medical Imaging Scheduling (847)616-2000.
  - Northwest Community Hospital CT Scheduling (847)618-3700.

### **7 Days prior to surgery:**

- ☐ Most patients are asked to stop taking any medications with a blood thinning effect (unless specifically instructed by your cardiologist). This includes anti-inflammatory medications and herbal supplements.
  - Examples of medications to stop include aspirin, Coumadin, Plavix, Ibuprofen, Naprosyn, Aleve, Mobic, and most vitamins. You can continue to take Tylenol, Celebrex, and Ultram/tramadol.
  - Instructions on other medications not listed here should come from your primary physician and/or will be discussed with the surgical center's Pre-Admission Testing Department.
- ☐ Pick up your items for your infection prevention/cleaning routine. This will include a topical wash as well as a nasal ointment.



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- **Topical Wash (can be acquired over the counter at your local pharmacy) – please purchase one of the options below based on the criteria listed.**
  - ***PanOxyl® (or similar brand) 10% benzoyl peroxide acne foaming wash.***
    - For males 65 and under.
  - ***Hibiclens (Chlorhexidine Gluconate soap).***
    - For patients other than those specified above.
    - **CAUTION:** Do not use Hibiclens if you are allergic to chlorhexidine. Please alert Dr. Obermeyer's team if you develop a rash while using the soap.
- **Nasal antibiotic ointment (*prescription-strength Mupirocin Nasal Ointment*).**

#### **5 Days prior to surgery:**

- ☐ Start cleaning routine. Please read **below** for further instructions.
- ☐ Schedule your first postoperative appointment with Dr. Obermeyer at around 2 weeks postoperatively. If you are missing any pre-operative orders prior to your surgery, the facility may contact you for additional testing.
- ☐ Schedule postoperative physical therapy in the outpatient setting. This typically begins 1-4 weeks after surgery pending your type of surgery and ability to access outpatient appointments. Barrington Orthopedics has physical therapy services at all four of our office locations if this is the most convenient option for you. If there is a more convenient outpatient location for you, we will provide you with a script at your first post-operative appointment or fax it to the location of your choice.

#### **Day before surgery:**

- ☐ The facility will call you in the late afternoon to tell you what time to arrive at the facility and to answer any last-minute questions. Do not eat or drink anything past midnight (or earlier if surgery is early in the morning).

### **CLEANING INSTRUCTIONS FOR YOUR SKIN BEFORE SURGERY**

The most common infections after surgery involve bacteria that are normally found on the skin. These bacteria are commonly found on healthy people. You can play an important part in reducing the risk of an infection at your surgical site by practicing good skin hygiene prior to surgery.

We recommend you use two different antiseptic products for infection prevention:

- **Hibiclens (Chlorhexidine gluconate soap) or PanOxyl® (benzoyl peroxide acne foaming wash)**
  - You will use one of these products as your body wash while showering for the **5 days** before your surgery.
- **Mupirocin nasal ointment**
  - You will use this nasal ointment **5 days** before your surgery twice daily. We will send an electronic prescription to your pharmacy. Please place a peanut sized amount on a Q-tip and put it inside on the front part of the nostril. Pinch the nostril shut and rub for 30 seconds. Repeat on the other side.



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**Please follow these cleaning instructions:**

- Shower with the Hibiclens or PanOxyl® once daily, at night, beginning 5 days prior to your surgery. For example, if you are scheduled to have surgery on Monday, you will start using the topical cleanser on the Wednesday, the week before your surgery. If your surgery is on a Thursday, you will start this on the Saturday prior.
  - Do not shave any body parts from the neck down (underarms or legs) for 2 days prior to surgery.
  - The Hibiclens soap should only be used on your body below the neck. **DO NOT USE ON THE EYES, FACE, GENITAL, OR RECTAL AREAS.**
1. Shower or bathe normally. Use your usual soap and water for your body as you normally would. Rinse well.
  2. Apply plenty of Hibiclens or PanOxyl® using a clean washcloth to your entire shoulder, neck, and armpit on the surgical side. Avoid your genitals and mucous membranes.
  3. Leave on for three (3) minutes, then rinse well.
  4. Pat dry.
  5. Do not apply lotions or cream to washed area after using the specified wash.
  6. Put on clean clothing/pajamas. We recommend also making sure there are clean sheets on the bed.

**Smoking Cessation**

If you smoke, it is recommended to **stop smoking** at least one month prior to surgery. Smoking inhibits wound healing which can increase the risk of infection. It is also recommended that you eat healthy. If you are overweight, a weight loss program may be beneficial to your recovery.

**If you have any questions about the above, please contact Dr. Obermeyer's office at (847)285-4318.**