

# What to do before your shoulder surgery

The aim of this leaflet is to provide an overview of what to do before your surgery and to answer some of the common questions. It does not aim to substitute for a thorough discussion with your surgeon.

## Hospital pre-assessment

Depending on your particular situation you will likely come to hospital for the pre-assessment to have your heart and lungs listened to and any medication you may be taking, reviewed.

## Making your home ready

You will not be able to do housework initially after your surgery so you may want to do this before your surgery.

Cutting food can be challenging with only one hand, so you may want to prepare meals ahead of time and freeze them, or have a supply of ready-meals available.

## Medications

You may have to stop some medication before your surgery. These are usually ones that thin your blood. The nurses at the pre-assessment visit will advise you of this.

## Jewellery / rings

It is best to remove jewellery, including rings on the side of the surgery, before coming to hospital. The reason for this is that even though you may be having surgery on your shoulder or elbow, the whole arm including your fingers can swell. If the fingers do swell and you have a ring on, the blood supply to the fingers can be cut off.

If rings are too tight to be removed then they will need to be cut off. This is best done at a jeweller before coming to hospital to reduce the risk of damage from having them removed in hospital.



## Eating and drinking

You will not be allowed to eat or drink within 6 hours of your proposed surgery.

You may be allowed water up to 2 hours before your surgery.