



ORTHOPEDIC ASSOCIATES of HARTFORD

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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine

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AC Joint Reconstruction with Dog Bone

Post-Operative Instructions AC Joint Reconstruction with Dog Bone

1. **DRESSINGS:** Your dressing may be removed in 2 days. There are sutures in the incisions, please keep covered. Do not take a bath or submerge in water for 7-10 days. Showering is permitted, if you keep the incision dry.
2. **ACTIVITY:** You may only move the arm actively at the elbow, wrist and fingers. Overhead activity and lifting are not permitted. **YOU MUST WEAR THE SLING PROVIDED FOR YOU AT ALL TIMES EXCEPT FOR HYGIENE, DRESSING AND HOME EXERCISES. DO NOT MOVE YOUR SHOULDER ACTIVELY, PASSIVE MOTION IS ALLOWED I.E. PENDULUMS.** You should also perform shoulder shrugs. You should remain **Non-weight bearing on the operative side.**
3. **MEDICATION:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication.** If additional medication is required, please call our office during business hours M-F 8:30 a.m.-4:30 p.m..
4. **FOLLOW - UP:** You should call the office, (549-8249), the day after your surgery and make an appointment for follow-up 7-10 days from the date of your procedure. If you have any specific questions or concerns, let our secretary know, and we will get back to you.
5. **WORK:** You may return to work when comfortable. Be sure to follow the above activity instructions.
6. **QUESTIONS:** Please refer to frequently asked questions sheet.

Pendulums

1. Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction.
2. Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your body forward and back allowing your arm to swing forward and backward freely.
3. Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Rock your body side to side allowing your arm to swing freely from side to side.

