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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine
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ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND DISTAL CLAVICLE RESECTION

Postoperative Instructions

1. **DRESSINGS:** Your dressing may be removed in 2 days. There are stitches in the skin. You may shower after 2 days (only if there is no drainage from the wounds). Use waterproof Band-Aids over the incisions. Do not bathe or submerge the shoulder in water until you are checked in the office.
2. **ACTIVITY:** You may use your arm normally, but you will probably be most comfortable wearing a sling for a couple of days. Heavy lifting should be avoided for several weeks. Pain should be expected for 5-10 days.
3. **EXERCISES:** Try to move the shoulder through as great a range of motion as possible several minutes each hour while awake.
4. **MEDICATIONS:** 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.
5. **QUESTIONS:** Please refer to facts after arthroscopy.
6. **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 questions or concerns, let our secretary know, and we will get back to you.
7. **WORK:** You may return to work as soon as you are able. This will be discussed when seen in the office.

SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

You've had arthroscopic surgery today. Your shoulder joint and rotator cuff were evaluated thoroughly.

I found in your shoulder:

___ Bone Spurs ___ Arthritis ___ Bursitis/Tendonitis ___ Ligament Damage/Instability
___ Rotator Cuff Tear ___ Biceps tear ___ Cartilage/Labral Damage

I was able to:

___ Shave bone spurs ___ Clean Arthritis ___ Remove Bursitis ___ Repair rotator cuff tear
___ Repair ligament damage ___ Repair/Shave cartilage damage

Until I see you, you should:

___ Use your arm normally ___ Not lift or carry ___ Move your elbow only
___ Wear your sling ___ all the time ___ for comfort only
___ Start physical therapy (a referral has been given)
___ Perform pendulum exercises

You should change your dressing in 2 days. Cover the portals with band aids. If you have a **PAIN PUMP**, remove it with your dressing. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. Take Aleve 500 mg twice daily (if not allergic, or no ulcer history). Call if fever greater than 101^o, or if infection is noted. Call 549-8249 for office visit **7-10** days after surgery. If you want to return to work before your next visit, call the office.

