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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). Do not take a bath and/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.
- 3. EXERCISES:** Try to move the shoulder through as great a range of motion as possible several minutes each hour while awake. You should also try to do pendulums several times a day to avoid a stiff shoulder.
- 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 FAQ's 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.

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.



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. 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 or Advil as directed (if not allergic, or no ulcer history). Call if fever greater than 101 °, or if infection is noted (see FAQ's). 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.

