

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 5-1 0 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.

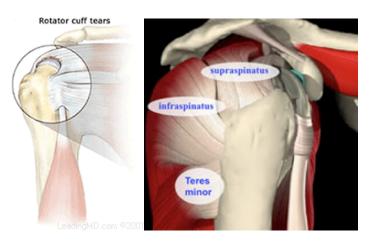
SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

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

I found in your shoulder	:		
Bone SpursArthritisBursitis/TendonitisLigamen			Ligament Damage/Instability
Rotator Cuff Tear	Biceps tearC	Cartilage/Labral Damage	
l was able to:			
Shave bone spurs	Clean Arthritis	Remove Bursitis	Repair rotator cuff tear
Repair ligament dama	ageR	epair/Shave cartilage dama	age
Until I see you, you shou	ıld:		
Use your arm normal	lyNot lift or carry	Move your elbow o	nly
Wear your sling	all the time	for comfort only	
Start physical therapy	y (a referral has been giv	en)	
Perform pendulum ex	xercises		

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°, 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.



Orthopedic Associates of Hartford • Tel: (860) 549-8249 • Fax: (860) 244-8813 • oahct.com