



Post-op Instructions

Arthroscopic Subacromial Decompression/Distal Clavicle Excision

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These are basic guidelines to follow after your shoulder surgery. You should have a follow up appointment 7-10 days after surgery. If at any time you have concerns or questions, please call (518)453-9088 for assistance.

DIET

- < Begin with clear liquids and light foods (juice, jell-o, soup)
- < Progress to your normal diet if you are not nauseated

WOUND CARE

- < After three days from your surgery you may remove your dressing and place band-aids over the incisions
- < It is normal for the shoulder to bleed and swell after your operation. If blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing
- < Remove surgical dressing on the third post-operative day – if minimal drainage is present, apply band-aids over incisions and change daily
- < To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your sling starting the day after surgery – NO immersion of operative arm (i.e. bathing)
- < Apply ice to your shoulder for about 20 minutes every two hours for the first 3 days after surgery

MEDICATION

- < The anesthesiologist used a regional block to anesthetize your shoulder during surgery. Typically, this wears off within 8-12 hours. Start taking your prescription pain medication (e.g. lortab, percocet) when you feel the block wearing off.
- < Common side effects of the pain medication include nausea, drowsiness, and constipation. To decrease the side effects, take medication with food. If constipation occurs, consider taking an over-the-counter laxative
- < If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- < Do not drive a car or operate machinery while taking narcotic medication
- < Ibuprofen 400-600mg (e.g. Advil, Motrin) may be taken between doses of narcotic pain medication.

ACTIVITY

- < Sleeping or resting in an inclined positions with a pillow under the forearm for support may be most comfortable
- < Do not engage in activities that increase pain or swelling (lifting or any repetitive above shoulder level activities) during the first 7-10 days following surgery
- < Avoid long periods of sitting (without arm supported) or long distance traveling for two weeks
- < NO driving until instructed otherwise
- < You may return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
- < Your sling may be discontinued as your comfort allows
- < You should begin shoulder pendulum, elbow, wrist, and hand range of motion exercises on the day after surgery. Do these about 3-4 times per day

EMERGENCIES

- < Please call Northeast Orthopaedics at (518)453-9088 if you develop any of the following:
- Painful swelling or numbness
 - Unrelenting pain
 - Fever over 101.5° (it is normal to have a low grade fever for the first day or two following surgery), or chills
 - Redness around incisions
 - Color change in wrist or hand
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
- < If you have an emergency at night or on a weekend, please call (518)453-9088.