POST OPERATIVE INSTRUCTIONS

• Arthroscopic Subacromial Decompression
• Arthroscopic Distal Clavicle Resection

Post Operative

Dressing
- Keep dressing clean and dry.
- Remove dressing after 72 hours and place a clean band aid over your incisions. Change this band aid 1 time a day until your follow up appointment.

Showering
- You may shower after dressing is removed after the first 72 hours.
- Gently wash the incision with soap and water. Do NOT scrub. Once you are out of the shower, pat the area dry and apply new dressing as directed above.
- Do NOT submerge your incision (pools, baths or hot tubs) for at least 3 weeks after surgery. You should not submerge your incision until it is completely healed.
- Do NOT use any powders or creams on your incision.

Sling
- Remain in your sling as needed for comfort. You do NOT need to wear your sling at night.
- You may discontinue wearing your sling whenever you are comfortable. Typically this is 1-2 weeks after surgery.

Driving
- You may ride in a car immediately after surgery. If you are going to be in the car for long periods of time, we recommend getting out or the car at least 1 time an hour to walk around.
- We do NOT recommend driving while you are in the sling as you can be held liable if you are in an accident. Therefore, we recommend waiting at least 1-2 weeks before attempting to drive.
- We recommend practicing in a parking lot to ensure you are able to control the vehicle.
- Remember, you are NOT allowed to drive while taking any pain medicine.

Activity
- Gentle active use of the shoulder is allowed immediately after surgery. Although it is safe for you to start using your shoulder, it will still be several weeks before you are completely healed.
- Gradually progress activity letting pain be your guide. It is usually 1-2 weeks before patients are comfortable using the shoulder for low demand activities such as desk work or working around the house (cooking, dishes, ironing, etc.). It is typically 6-8 weeks before patients are able to comfortably perform repetitive overhead activities, return to weight lifting or perform manual labor. It is around 8-12 weeks for heavy lifting.

Physical Therapy
- There are 3 exercises that you can do on your own immediately after surgery.
  1. Pendulum Exercises
While standing bend at the waist. Support your uninvolved arm on a table or chair and allow your involved arm to hang freely while keeping your elbow straight.
Move your hips in a circular motion to generate movement at your shoulder. This allows the shoulder to move without doing any of the work.
Gently make clockwise circles with your involved arm for one minute.
Reverse the direction and make counterclockwise circles for one minute.
Repeat 3 times per day.

2. Passive Range of Motion
-While sitting or lying use your uninvolved hand to grasp your involved wrist.
-Use your uninvolved arm to gently raise your involved arm up above your head, and then continue to use your uninvolved arm to lower it back down. You may raise your arm straight in front of you as well as at the side. You may go as high as you can tolerate, including above your head.
-You may also have a family member move the arm for you while sitting or laying down.
-Do this for 10 repetitions and repeat the exercise 3 times per day.

3. Arm Slides
-While sitting or standing, use your uninvolved hand to grasp your involved wrist.
-Use your uninvolved arm to gently raise your involved arm up onto a counter or table top.
-With your involved forearm resting on the counter or table top, gently begin to move your body away from counter or table.
-Continue to move your body away from the counter to gradually increase your range of motion. You may move your body away as far as you can tolerate.
-Be careful NOT to lean or put weight on your operative arm while it is on the table.

It is also important to make sure you move your elbow, wrist and hand to prevent these joints from getting stiff. You may move these joints in all directions as long as your arm is by your side.

Icing
-Use the polar unit that you received on and off for comfort after surgery.
-You may use the unit as much as you like, but should turn it off every few hours to prevent freezing the skin. You should also protect your skin by using a towel between the polar pad and your skin.

Medications
-Take your pain medication as directed. Pain medication can make you constipated, so make sure you are consuming plenty of water and fiber. If necessary, you can also try an over the
counter stool softener. You may also take your pain medication with food to help prevent nausea.

- Take your antibiotic as directed. It is important to complete the entire prescription.
- Resume home medications as directed prior to surgery.

7-10 days Follow Up Appointment
During your first postoperative appointment it is likely that you will be seen by our Physician Assistant. The intent of this visit is to simply check your incision and go over some basic instructions. The physician will be available if there are any questions or concerns.

Dressing
- During this appointment your stitches will be removed and steri strips will be applied to your skin. You may take the steri strips off after 1 week. Do not worry if they fall off sooner.

Showering
- You may continue to shower, even with the steri strips on.

Sling
- We encourage you to starting weaning yourself from the sling if you are still wearing it.

Activity
- Continue to progress your activity level, letting pain be your guide.

Physical Therapy
- Continue to perform your home exercises outlined above, increasing your motion as tolerated.
- We will assess your range of motion on this visit. If necessary, you may be given a prescription for formal physical therapy. Call the number on the back of the prescription provided and set up an appointment.

6 Week Follow Up Appointment
Activity
- Depending on how you are doing, we may ask to see you again for a follow up once you are 6 weeks out from surgery. If you are doing well with no pain or problems, you may call and cancel this appointment.