



## CONCORD ORTHOPAEDICS

### Instructions for Arthroscopic Subacromial Decompression (+/- distal clavicle excision)

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#### General:

- Sling should be worn for comfort; you may safely remove when at rest.
- Do pendulum, elbow, wrist, & neck exercises 3 times per day for 10-15 minutes.
- You may be more comfortable sleeping in a recliner or in a more upright position during the first few days after your surgery.
- Ice or cooling pad to the shoulder, for 20 minutes 3 to 4 times per day may help reduce the pain & swelling in the initial 48 hours after surgery.

#### Pain Medication:

- Follow dispensing instructions outlined on your prescription bottles.
- It is important to begin taking your pain medication early after surgery.
- **DO NOT WAIT UNTIL YOUR BLOCK WEARS OFF** as it will be difficult for you to "catch up" with the pain.
- If your pain is not adequately controlled or nausea and vomiting persist, call the doctor as changes in medication may help to alleviate both problems.

#### Activity:

- Your sling is for comfort, you may adjust it as you desire and remove it while at rest.
- You may begin gentle range of motion out of sling as soon as comfort allows.
- No heavy lifting or physical activity until your initial follow-up visit with your doctor.

#### Bandage:

- After 48-72 hours, it is okay for you to change the bandage to a smaller dressing (band-aids over small incisions okay/no ointments)
- Please keep the incisions covered when out of the house until your return visit.
- You may shower without the incision covered after 3 days, gently pat the incision dry after showering and place a new dry, clean dressing(as above)

Please call the office with any questions or concerns during business hours (603-224-3368 or 800-660-2672). After hours, there is always a physician available for questions/advice at