



CONCORD ORTHOPAEDICS

Post-Operative Instructions **Arthroscopic Subacromial Decompression (+/- distal clavicle excision)** **Peter G. Noordsij, M.D.**

General:

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

Pain Medication:

- take pain meds as outlined on 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 pain is not adequately controlled or nausea and vomiting persist, call the doctor as changes in medication may help to alleviate both problems

Activity:

- use sling for comfort, can be off at rest if you are comfortable without it
- can begin gentle range of motion out of sling as soon as comfort allows
- no heavy lifting, physical activity until your initial follow-up visit with your doctor

Bandage:

- after 48-72 hours, it is OK for you to change the bandage to a smaller dressing
- please keep the incisions covered when out of the house until your return visit
- you may shower without the incision covered after 3 days, place a new dry, clean dressing after shower (band-aids over small incisions OK/ no ointments)

Follow-up Appointment:

Date:

Time:

Please call 603-224-3368 (Concord) or 603-526-8010 (New London) or 1-800-660-2672 (toll-free) if you have questions or concerns.