

Robert Hansen, M.D.

Orthopedic Surgery
Specializing in Sports Medicine

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POST-OPERATIVE INSTRUCTIONS

ARTHROSCOPIC ACROMIOPLASTY / DEBRIDEMENT

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use the Cryocuff or Ice as often as possible for the first 3-4 days, then as needed for pain relief.
- You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until your sutures are removed.

EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform these exercises daily:
 - Pendulums
 - Elbow / Hand / Wrist - Range of Motion Exercises
 - Grip Strengthening

POST-OP

- You will be given two prescriptions for pain relief for you to use post-operatively:
 - An anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first 4 days after surgery.
- ** IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTIINFLAMMATORIES OR ASPIRIN >> DO NOT TAKE THIS MEDICATION**
- VICODIN *or* PERCOCET, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the NSAID.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment, 10-14 days post-operatively.
- **IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**