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Instruction Sheet following Arthroscopic Subacromial Decompression and AC Joint Resection Shoulder Surgery

Sling:

Wear your sling for 48 hours after your surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued. You should avoid overhead activities with your arm. Additionally, you should not carry anything heavier than a pencil in your hand.

Dressing:

Remove all cotton and yellow gauze dressings 48 hours after your surgery. Until then, keep your dressings clean and **dry**. Leave the steri-strips on your incision (the small pieces of white tape), then cover all incisions with large Band-aids.

Showering:

You may shower 48 hours after surgery. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the incision dry and cover all incisions with large Band-aids.

Ice:

You can ice the shoulder to reduce swelling and discomfort. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before reapplication. Avoid getting your incisions wet.

Follow-up visit:

You need to see the doctor 7-10 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed. You will be given a prescription to begin physical therapy. Pendulum exercises should be begun on the first postoperative day.

Common Concerns:

Bruising and/or swelling of the shoulder region are common after surgery. This is caused by postoperative bleeding into the area just below the skin. To relieve this discomfort it is best to ice the shoulder. You may also get swelling in the hand, which is also common after surgery.

Please call if:

1. Any oozing or redness of the wound, fevers (>101.5°F), or chills.
2. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns please do not hesitate to call the office at any time.