



David B. Cohen, M.D. / Sports Medicine, Knee, Shoulder and Elbow Surgery / 203-407-3518

## **Instructions For: Subacromial Decompression / Distal Clavicle Resection**

### **Prior to Surgery**

We require pre-admission testing by your family physician within 30 days prior to surgery. We must have the results in our office at least 10 business days before surgery. Fax number 203-407-3558, attention Regina.

On the day prior to surgery, you must call the surgical center at 407-1500 to find out the arrival time for your surgery. This is usually two hours prior to surgery, in order to admit you, shave your shoulder before surgery, etc.

**\*\*Please do not shave yourself, as this may increase bacterial growth on your skin.\*\***

**PLEASE MAKE ARRANGEMENTS FOR HELP AT HOME IF YOU LIVE ALONE. YOU WILL NEED SOMEONE TO STAY WITH YOU THE FIRST NIGHT, BUT YOU WILL STILL NEED HELP FOR SEVERAL DAYS AFTERWARD.**

### **Day of Surgery**

It is a good idea to wear a loose, button-down shirt to the surgical center. Your family may wait with you until you are taken to the holding area. Dr. Cohen will see you prior to the procedure, answer any questions, and place my initials on the correct shoulder.

You will be in the recovery room for about 45 minutes after your surgery.

### **After Surgery**

In the operating room, your shoulder will be lightly bandaged and a sling with a pillow will be applied. Your I.V. will be taken out in the recovery room after you have successfully emptied your bladder.



We want you to begin physical therapy within 3-5 days after surgery. We work closely with Star PT, but if no office is convenient, check with your insurance provider for other facilities that are covered. You will be going to physical therapy 3 times per week for 4-5 months after your surgery.

It is important for you to ALSO be doing your exercises ON YOUR OWN to help regain the range of motion of your shoulder. You should begin range of motion exercises for the elbow immediately after surgery.

Pain medication will be given to you in the recovery room. It will be the same medication that you will go home with.

My assistant Regina will make your post-operative appointment for you (usually at your pre-op appointment). If you are unsure about this, please call the day after surgery.

### **At Home**

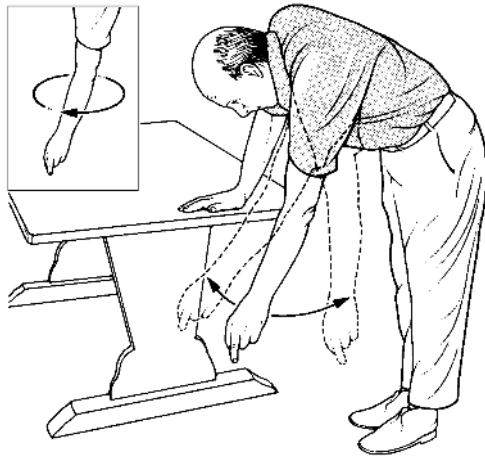
Change the dressing two days after your surgery. The small arthroscopic incision sites with steri-strips across them may be left open to air. **DO NOT REMOVE THE STERI-STRIPS.** Please do not use any ointments or creams on the incision or portal sites. When showering, you may cover the incisions with plastic wrap and tape or large water-proof band-aids that do not stick to the steri-strips until you are seen in our office for your post-operative check.

IT IS NORMAL FOR YOUR HAND TO BE NUMB FROM THE NERVE BLOCK FOR THE FIRST 24 HOURS. AFTER THAT, NORMAL FEELING SHOULD RETURN.

You should use your sling for 2-3 days and then may discontinue using it. Try to do your exercises 3-5 times a day.

Exercises: You should bend and straighten your elbow 10 times, 3 times a day. You may squeeze a ball and move your wrist. You may begin gentle "pendulum" exercises where you bend forward at the waist and let your arm fall forward toward the floor. By moving your body, your arm should make small circles clockwise and counter-clockwise, with your palm facing forward and with it facing backward. Spend 5 minutes, 4 times a day doing this.

#### PENDULUM EXERCISES



Try to use ice or ice packs as much as possible, especially during the first 2 weeks after surgery and after PT. If the ice is on your skin, use it for 30 minutes on, 30 minutes off.

#### **Miscellaneous Information**

There may be a small amount of bleeding and/or fluid leaking at the site. This is normal as the shoulder is filled with fluid during the surgery, sometimes causing leakage for 24-36 hours. You may need to change or reinforce the bandage as needed.

It is normal to have mildly increased swelling in the arm and hand and some bruising on days 1-3 compared to the day of the surgery. The swelling should be decreased by using the ice and elevating your hand.

Please feel free to call our office with any questions or concerns.

Best wishes for a speedy recovery.

- Dr. David Cohen