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POSTOP INSTRUCTIONS FOR SHOULDER DECOMPRESSION, A-C JOINT RESECTION, OR GENERAL DEBRIDEMENT

1. Leave the arm in the sling during the first several days for comfort. The arm may be taken out of the sling at any time to begin range of motion.
2. You may remove the large dressing the day after surgery and replace it with 4 x 4 gauze pads. Please leave the surgical steri-strips in place.
3. ICE! It is very important to begin icing the shoulder following your arthroscopic surgery. This should be done 4-5 times per day for approximately 20-25 minutes at a time.
4. You may begin Codman's and pendulum exercises the day following surgery.
 - A. Pendulums: Bend forward at the waist and use the uninvolved hand to support your body or steady yourself. With the surgical arm hanging down, use the body to initiate motion, swinging the arm back and forth and in circles like a clock pendulum.
 - B. You may also begin moving the arm forward, backward, and across the front of the body as desired.
5. You may begin using the uninvolved arm to lift and elevate the surgical arm 2-3 days after surgery as tolerated. This is to be done gently. While lying down, hold the surgical arm near the wrist and lift the arm up into the air as pain tolerates.
6. You may shower 2 days after surgery. Let clear water run over the incisions, do not scrub them. No baths or soaking the incision for prolonged periods of time until 10 days after surgery.
7. Strong oral pain medication will be prescribed for you. Please attempt to use this sparingly, using aspirin, Tylenol, or ibuprofen products to supplement the prescribed pain medication. If additional pain medication is needed, please call the office during regular office hours, Monday-Friday, 8:00 a.m. to 5:00 p.m.
8. Report any worrisome condition to your surgeon immediately. This includes unrelenting pain or swelling, fever, chills, or redness and drainage of the wound.
9. Return to work is variable depending on the type of employment. Generally, you should not engage in activities that prolong or increase swelling in the shoulder.
10. Make sure an appointment has been scheduled for you in the clinic approximately 1 week after surgery.