

Post-operative Instructions - Arthroscopic Subacromial Decompression**Wound Care/Dressings:**

1. You may remove the dressing 48 hours after surgery and shower when the dressing has been removed.
 - a. **DO NOT** submerge your shoulder in shoulder such as a bathtub or swimming pool.
 - b. **DO NOT** remove steri-strips over the incision, leave them intact. If they are removed accidentally, place a sterile bandage over the affected area.
2. Expect minimal bloody drainage. You may use a sterile bandage or additional dry dressing as needed.

Medication:

1. Take your pain medication as needed, but not more than every 4 hours.
 - a. **DO NOT** drive operative machinery or make important legal decisions while taking narcotics or muscle relaxants.
2. Follow any other prescriptions as directed.
3. You may resume your home medications unless otherwise directed.

Diet:

1. Progress to your normal diet as tolerated.
2. Narcotics can slow down your digestive system. It is recommended you take Colace 100mg, a stool softener, twice daily to prevent constipation.
 - a. MiraLAX can be used with Colace twice daily if you are still having constipation.

Activities:

1. Keep your arm in a sling except for when showering or performing exercises.
2. Practice range of motion exercise (pendulum movements, flexing elbow, and extending elbow) 2-3 times a day.
3. **DO NOT** bear your weight on your arm or put it in any extreme position, such as any overhead lifting, reaching behind you, or any sudden overhead movements.
4. Ice your shoulder for 20 minutes every 2-3 hours. There should always be a cloth barrier between the ice pack and your skin.
5. Out-patient physical therapy will begin after your two-week follow-up visit.

Follow-up Care:

1. You should have an appointment scheduled for 1-2 weeks after surgery. If not, please call your follow-up clinic to schedule an appointment as soon as possible.
2. If you notice any unusual symptoms or have any concerns call the clinic you are following up at.
3. If there is an emergency, call 911 or visit your nearest Emergency Room.