

DESIO

SPORTS MEDICINE

SHOULDER

ARTHROSCOPIC ACROMIOPLASTY

STEPHEN M. DESIO, M.D.

- You may use your arm as soon as you feel comfortable. You will feel more comfortable moving it below shoulder level. The sling is for comfort only and may be removed whenever you wish. You do not have to sleep with the sling on. Pain is your guide as to how much to use the arm.
- You may remove your bandage and take a shower with your stitches 2 days after surgery as long as there is no drainage from the incision sites. If you notice drainage from the sites, hold off on getting them wet until they are completely dry. Place Band-Aids over the incisions once per day until they are full healed. Do not soak incisions in water. No swimming or bath for 7 days after surgery.
- Cold-therapy – An ICEMAN Cold Therapy Cold Pack may be placed on top of your bandage after surgery. This is connected to a cooler that you will fill with ice and water. Cryotherapy is also known as cold therapy. This is the treatment of pain and/or inflammation by lowering the temperature of the skin over the affected area. It is probably the oldest form of pain control! In addition, it can significantly improve swelling after an injury or surgery.



- The pad is placed on your shoulder after the bandage is applied. The blue tube is connected to the cooler and ice water will automatically circulate through the pad to decrease pain and inflammation from surgery. The pad and cooler are yours to keep. Do not bring them to the office unless you are having problems with them.

The ice in the system needs to be changed every 6 hours or sooner if the pad feels warm. NEVER place the pad directly on your skin, always have a towel or bandage between your skin and the pad to prevent frostbite.

MEDICATIONS:

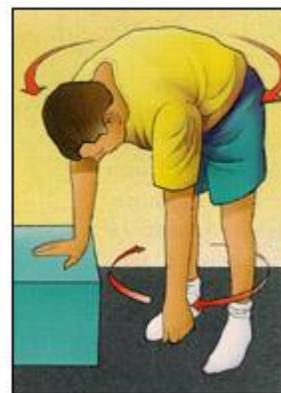
- You may have had a nerve block before surgery. This may provide numbness of your shoulder, arm, and hand for up to 24 hours. When the nerve block wears off, expect an increase in your pain.
- You will be given a prescription for a pain killer that is a narcotic. This is usually Percocet, Roxicet, Oxycodone, or something similar.
- Pain Management is very important during the first few days after surgery. To prevent the pain from getting ahead of you, take your pain medication regularly for the first 24 hours until the nerve block has worn off.
- A stool softener is recommended i.e. Colace. One of the most common side effects of pain medications is nausea and constipation.
- If you experience nausea, it is most commonly a side effect of the Percocet, and the anesthesia. Please call the office and we will phone in medication for the nausea.

- Although blood clots are rare, you should take an Aspirin a day for 1 week after surgery to reduce the risk.
- A prescription will be given for pain medication. If you feel it is too strong or you do not need it, Tylenol[®], Advil[®], Ibuprofen, or Aleve[®] may be used instead, as long as you do not have allergies to these medications.
- Contact the office if you have any redness or excessive drainage at the incision sites.

EXERCISES:

- ***Pendulums:***

- While standing, hold onto a table for support and move your arm in SLOW circles beginning small and gradually getting larger. Begin clockwise for ten repetitions, then counterclockwise for ten repetitions.



- ***Shoulder Flexion (Assistive)*** - Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible. Repeat 10 to 20 times. Do 3 sessions a day.



- ***Elbow Motion:*** Bend and straighten your elbow ten times, repeat for three sets

If you have any questions, please call:
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