

**Subacromial Decompression and Distal Clavicle Excision
Post-operative Orders
Dr. Allan Hunt**

1. You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with your for the first 24 hours following surgery for safety.**
 - a. Do not drive for 24 hours after surgery or while using narcotic pain medication.
 - b. Do not operate power machinery.
 - c. No important decision-making or signing of legal documents for 24 hours.
 - d. Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
 - e. If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room
2. Diet
 - a. Start with something light like soup and crackers
 - b. If you do not feel nauseated you may eat your usual diet
3. Sling
 - a. You may remove your sling at any time after the feeling has returned in your arm, usually in a day or two after the procedure
 - b. You should discontinue wearing the sling 2-3 days after your surgery except for using it to cool your shoulder intermittently thereafter
4. Activity
 - a. Please start the pendulum exercises the day after your surgery
 - i. Make sure your back is parallel to the floor when doing these exercises
 - ii. Do these exercises 3 times a day for 5-10 minutes at a time
 - b. You may use your arm for any activity that you can tolerate- you have no restrictions other than your comfort and common sense
 - c. You may ice the surgical shoulder at any time to help with pain control and swelling
5. Medications
 - a. Resume all of your home medications
 - b. OxyContin- take 1 tablet every 12 hours as needed. This is a long-acting narcotic that will give a good level of baseline pain relief
 - c. Norco- take 1-2 tablets every 4-6 hours as needed. This is a short-acting narcotic that is good for breakthrough pain, or if you are going to be more active. Please do not take Tylenol while you are taking this medication as it has Tylenol in it
 - d. Naproxen- take 1 tablet twice a day with food. This is a potent anti-inflammatory that helps diminish the swelling associated with surgery. Please take this medication every day until it is gone.

- e. Compazine- take 1 tablet every 8 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
 - f. The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking the Norco or OxyContin.
 - g. We suggest that you take a single aspirin daily for the first 10 days after your surgery to help prevent blood clots. There is a very low risk of developing blood clots, but we still would like you to use the aspirin for prevention for 10 days.
 - h. You may use these medications in any combination.
6. Wound care
- a. Keep your wounds dry for 2 days after surgery
 - b. You may remove all the gauze and tape on the second day after surgery
 - i. Leave the Steri-strips on your wounds- these will fall off with time
 - ii. You do not need to reapply a dressing over your wounds as the Steri-strips suffice
 - c. After you have removed the dressings you may shower over your wounds. Do not scrub the wounds, simply let the water run over them and pat dry
 - d. You may get some bloody drainage from your wounds the evening of your surgery. This is some of the long-acting numbing medicine that was injected, as well as some of the fluid from the arthroscopy. This is nothing to be concerned about. If this happens, please reinforce your dressing as needed
7. Driving- you may drive as long as you are off narcotic medications during the day
8. Follow-up appointments
- a. Make sure you have an appointment with Dr. Hunt or Mr. Nick Meath 10-14 days after your surgery. If this has not been done please call 952-456-7000 to schedule
 - b. Make sure you have an appointment set up with Dr. Hunt in 6-8 weeks after surgery. Call 952-456-7000 to schedule.
 - c. Make sure you have a physical therapy appointments set up to start within one week after surgery. If this has not been arranged please call 952-456-7000 to schedule. Remember to bring your physical therapy referral with you for the first appointment. It is attached to this paperwork.
9. Please call if you experience any of the following:
- a. Fever over 101 degrees for more than 24 hours
 - b. Foul drainage, redness or warmth at the operative site
 - c. Large amounts of bleeding or drainage
 - d. Severe or uncontrolled pain
 - e. Persistent nausea or vomiting
 - f. Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***