

SHOULDER DECOMPRESSION WITH DISTAL CLAVICLE EXCISION/RESECTION SURGERY

Procedure: _____ Date: _____

ANESTHESIA

General Spinal Sedation Local Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are standing. A responsible adult must be with the patient for 24 hours following surgery for safety and fall prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- 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 the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

****Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Daily 8am-8pm) for any of the following:

- Fever over 101°F lasting more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)

POST-OP SHOULDER SUPPORT

Use a sling at all times, day and night until your follow-up visit in 1-2 weeks. You may remove the sling to bathe or exercise.

SLEEPING

Shoulder patients frequently sleep more comfortably in a recliner or propped up on several pillows in a semi-sitting position. This is commonly noted for 4 weeks following surgery. You may sleep flat on your back when you feel comfortable.

DRESSING

Change dressing daily beginning 2nd day post-op. Please leave steri strips in place if possible. Re-dress with light gauze covering. You may leave the wound uncovered when dry if you wish. Be alert for signs of possible infection: redness, swelling, heat, red streaks or elevated temperature (over 101°F). Contact your doctor if any of these occur.

PAIN CONTROL

- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- **HYDROCONE** 5 mg with **ACETAMINOPHEN** 500 mg (Norco): 1-2 tablets every 3-4 hours as needed for pain. (Maximum of 8 tablets per day).
- **IBUPROFEN** (Motrin) 400 mgs: every 6 hours for the first 7 days along with the pain medication then 400 mgs every six hours as needed for pain. Do not use ibuprofen if you have a history of bleeding problems.
- Call your pharmacy for prescription refills. Prescription refills are not ordered over the weekend or after hours.
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATIONS** and until instructed by your physician.

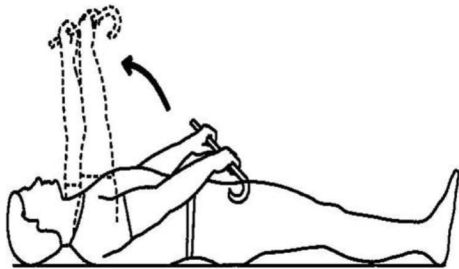
DOCTOR'S POST-OPERATIVE APPOINTMENT

Please call (952) 442-2163 to make post-op appointment one to two weeks post-op.

EXERCISE

You may begin shoulder mobility exercises day 2 post-op. Exercises should be done 3 times a day. (See below.)

SHOULDER FLEXION

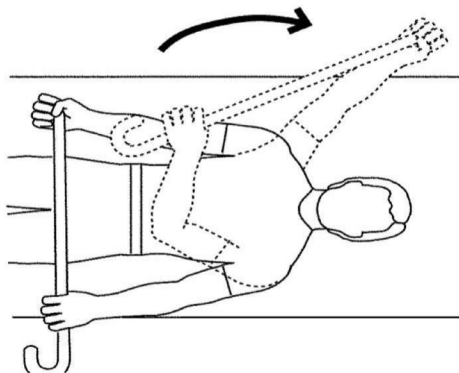


1. Lie on back with arms at side, holding cane.
2. Lift arms, pushing uninjured arm to help involved arm.
3. Keep elbows straight.
4. Lower and repeat.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Use cane.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

SHOULDER ABDUCTION

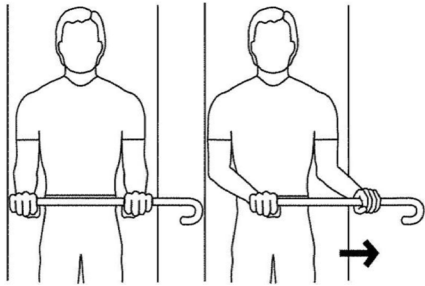


1. Lie on back.
2. Hold cane in both hands, palms up, arms at side, elbows straight.
3. Use uninjured arm to help raise involved arm up and away from side through available range as shown.
4. Return to starting position.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Use cane.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

SHOULDER EXTERNAL ROTATION WITH CANE

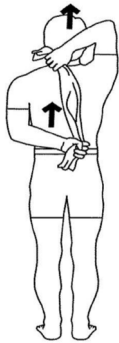


1. Lie on back with arms at side, elbows bent.
2. Hold cane in hands as shown.
3. Rotate involved arm away from body, pushing with the cane as needed with the uninvolved arm.
4. Return to start position.

Recommendations:

- Keep arms at side.
- Perform 3 sets of 10 repetitions, three times a day.
- Use cane.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

INTERNAL ROTATION STRETCH WITH TOWEL

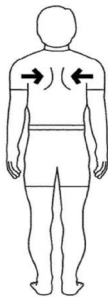


1. Place involved arm behind back as far as possible.
2. Hold other arm over shoulder with towel as shown.
3. Grasp towel with involved arm.
4. Slowly pull upward with uninvolved arm until a gentle stretch is felt.
5. Hold, relax and repeat.

Recommendations:

- Perform 1 set of 10 repetitions, three times a day.
- Use towel.
- Hold exercise for 20 seconds.

SHOULDER BLADE SQUEEZES

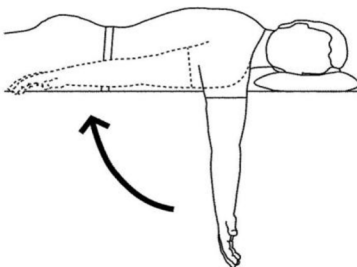


1. Stand with arms at sides.
2. Squeeze both shoulder blades together.
3. Relax and repeat.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

SHOULDER EXTENSION



1. Lie on stomach, involved arm down, thumb outward.
2. Keep elbow straight, and lift arm up to trunk level as shown.
3. Return to start position.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

