

# Subacromial Decompression Post Operative Instructions

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Please contact with questions  
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Secretary: Katrina Riddick  
757-321-3300

## **What operation did I have?**

You had a bone spur that was rubbing on the rotator cuff tendons causing pain. We performed an arthroscopic surgery to shave down the bone spur.

## **What should I expect the day of surgery?**

A nerve block was administered before your surgery. This will cause your arm to be numb. That usually lasts until the night of surgery or the next day. When the block wears off, the shoulder is often very painful. I recommend that you begin taking your pain medication before the block wears off so that you do not "fall behind the pain". You should also take your pain medication before going to sleep.

When you get home after surgery you should try to find a comfortable place to sit still and rest. A recliner chair is preferable. Many patients will sleep in a recliner for a period of time after surgery because they find it more comfortable than laying flat.

## **What medications should I be taking?**

### **We will prescribe the following medicines.**

1. Pain medication: You should plan to take this regularly for the first two days and then as needed.
2. Zofran. This is a nausea medication. You should only take this if needed, and may want to wait to fill the prescription since it can be expensive.
3. Colace. This is a stool softener to prevent constipation. You should take this as long as you are taking pain medications, since they can be very constipating.

## **Should I ice my shoulder?**

Icing the shoulder for the first two days after surgery will help decrease pain and swelling. I recommend that you ice as much as possible. However, after two hours on the ice should be removed for thirty minutes. After two days you may continue to ice the shoulder if you find it helpful.

## **What can I do with my arm and hand?**

Your shoulder will be very sore for a few weeks and you will find it difficult to move the shoulder because of pain. You should wear your sling as much or as little as you like. It is for your comfort. You may begin moving the shoulder as you

become more comfortable. You may move your hand, wrist and elbow as much as you like. You can use your hand for activity but should not lift anything heavier than a coffee cup.

**Can I remove the sling?**

Yes.

**Can I remove the bandages?**

After three days you may take off the bandages, shower, pat dry the incisions and apply Band Aids or small dressings. Do not soak the incisions in a tub for three weeks.

**When should I have a return appointment?**

You should return to see Dr. Carofino in 12-14 days to have your stitches removed. Please call Katrina Riddick to schedule this appointment. 757-321-3300.

**Can I drive?**

It is your responsibility to determine if you can safely drive. You cannot drive while you are taking narcotics.

**When will physical therapy begin?**

Your physical therapy will begin after your two week follow up appointment.

If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should notify our office immediately, or go the emergency department.