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Instruction Sheet following Arthroscopic Subacromial Decompression and/or AC Joint Resection Shoulder Surgery

Sling:

Wear your sling 24-48 hours after your surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued. You should avoid overhead activities with your shoulder until the Doctor clears you. Additionally, you should not carry anything heavier than a pencil in your hand.

Showering:

You may shower 48 hours after surgery. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the wound dry and apply a Band-Aid.

Dressing:

Remove all cotton and yellow gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-Aids on your wound.

Ice:

You can ice the shoulder to reduce swelling and discomfort. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before reapplication. Avoid getting your wound wet. If you are using a Gameready/cryocuff you may use it as instructed by the manufacturer.

Physical Therapy: Please start **physical therapy one week** after surgery.

Follow-up visit:

You need to see the doctor about one week following surgery for your first post-op visit. At that time your sutures (stitches) will be removed. You will be given a prescription to begin exercises.

Common Concerns:

Bruising and/or swelling of the shoulder region is common after surgery. This is caused by bleeding from the bone (which is cut during surgery) and soft tissue into the area just below the skin. To relieve this discomfort it is best to ice the shoulder.

Please call if:

1. Any oozing or redness of the wound, fevers (>101.3°F), or chills.
2. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns regarding your shoulder, please do not hesitate to call the office.