



## **Deborah A. Faryniarz, MD Inc.**

- Sports Medicine and Shoulder Fellowship, The Hospital for Special Surgery
- FORUM, Society of Fellowship Trained Women in Orthopaedic Surgery
- Diplomate American Board of Orthopaedic Surgery
- Member American Orthopaedic Society for Sports Medicine
- Member Arthroscopy Association of North America
- Fellow American Academy of Orthopaedic Surgeons

### **Postoperative Instructions**

Arthroscopic Decompression, Distal Clavicle Resection, Biceps Tenotomy

**Immobilizer:** Should be worn only as needed for comfort (usually 2-5 days)

#### **Ice**

- Apply an ice pack or Game Ready icing machine to the shoulder as often as possible for the first 3-7 days to reduce pain and swelling. You may ice as often as 30 minutes every hour but not less than 3x/day. If using Game Ready, use the no pressure or low pressure setting.

#### **Medications**

- Pain medication is injected into the joint during surgery and will wear off within 8-12 hrs.
- Most patients require a narcotic (i.e. Percocet or Vicodin) for a short period of time. Please follow the prescription directions.
- Common side effects of pain medications include drowsiness, nausea, and constipation. To minimize side effects, take medications with food. You may take an over-the-counter laxative (i.e. Colace) if needed. Do not drive or operate any machinery while on narcotics.
- You may take anti-inflammatory medication (400 mg Motrin/Advil) between doses of narcotics to help control pain. Take with food to avoid stomach upset. Do not take if you have a history of ulcers.
- If you experiencing any problems or uncomfortable side effects, please contact our office.

#### **Wound Care**

- Remove the dressing, but not the Steri-strips, two days after surgery. You may cover the wound with Band-aids if any drainage is present. It is normal to have some drainage and swelling after surgery. If the dressing becomes soaked, you may reinforce with additional dressing.
- Avoid any ointments around the incisions.
- Keep wounds clean and dry for the first 5 days. If you wish to shower during this time, cover your shoulder/sling with a large plastic bag or take a sponge bath. After 5 days, you may shower, but do not soak in a bathtub or hot tub until after the first post-op visit.
- Your post-op appointment is on your surgery instruction sheet (usually 7-14 days after your surgery). If you need to reschedule, please call my assistant at (408) 559-3888.
- **If you develop a fever (temperature > 101.5), excessive drainage, redness around the incision, increased pain or numbness in your arm, or difficulty breathing notify Dr. Faryniarz at (408) 559-3888.**

#### **Activity**

- You should start PT a few days after your surgery. Please call our office if have not received an appointment or PT script.
- You may be more comfortable sleeping in a recliner with a pillow behind your arm and under your forearm for support.
- Take your arm out of the sling several times a day to passively range your elbow and shoulder.
- **No driving is allowed until instructed by Dr. Faryniarz (usually 2-3 weeks).**
- If pain permits, you may return to (sedentary) work or school 3-4 days after surgery.
- Return to work with lifting or overhead reaching will be determined by Dr. Faryniarz.