

AFTER YOUR SURGERY

A NO REPAIR SHOULDER OPERATION

Post-operative shoulder care for:

- Acromioplasty and/or AC joint excision (i.e. no repair or no reconstruction)

Day of discharge:

- You had an interscalene nerve block which can sometimes also numb your hand.
- Take your pain medicines regularly. (Do not wait for pain to come before doing so)
- Regularly gently move your hand and elbow to prevent stiffness and relieve the aches and pains
- Do not drive today.
- Clinic follow up appointment at approximately two weeks post-op, supplied with your admission pack.
- Medical certificates - supplied with your admission pack.

Morning day 1 post-op:

- Remove the overlying bulking pressure dressing.
- Waterproof dressings beneath to be changed only if soaked. (You should have been given spare waterproof dressings on discharge.)
- Can shower with the injured arm resting down by the side of the body.
- Sling to be worn for comfort only.
- Can increasingly use operated arm as level of comfort allow.
- Once comfortable, can drive.
- Referral to physiotherapy will be made after the first post-op visit at 2-3 weeks.