

AC JOINT / CLAVICLE REPAIR SURGERY

This will be an outpatient surgery; you should go home the same day. Please refer to the St. Luke's binder for instructions on pre-operative preparation. Bring your sling and swathe and surgery binder to surgery with you. Please wear a loose fitting top.

Post-Operative Instructions:

- Put a dry towel with baby powder under your armpit to absorb moisture if needed.
- Do not use the muscles in your operative arm to lift your arm or lift any object (no active motion).
- Keep your dressing clean and dry until your follow-up appointment (unless directed otherwise).
- May shower with provided shower sling to support arm/elbow as long as the clear tegaderm dressing is in its place.
- Apply ice at 20 minute intervals (keep your incisions dry; put a cloth between the ice and your incisions once the dressing has been removed).
- Perform passive forward flexion of operative arm to 90° while laying supine several times daily.
- Take the pain medication regimen as directed. Try to wean off all narcotic medications as soon as tolerable. Stay well hydrated.
- Wear Sling and Swathe at all times while upright and sleeping

*Your post-operative care may vary depending on the operative findings.

Shoulder, arm, forearm, hand and finger swelling and bruising are common after shoulder arthroscopy. In addition, the post-operative dressing may become soiled from fluid drainage. You may remove and replace the dressing if drainage occurs.

*Call Dr. Tony at (208)622-3311 (after hours cell phone: (208)721-2663) if you experience a fever over 101 degrees, uncontrollable pain, loss of feeling/movement in your hand or fingers(a block may take up to 24 hours for complete resolution), wound problems, severe vomiting, or difficulty urinating.