

## **Shoulder Arthroscopy (Subacromial Decompression and/or Distal Clavicle Excision)**

### **General Information**

- Most patients are in a sling for 3-5 days. You want to begin early gentle ROM exercises to prevent shoulder stiffness. **Do not do too much too fast.** \*\*See attached handout for ROM exercises.
- We will review your arthroscopic findings at your first post-op appointment and discuss recommendations for activity going forward with your recovery.
- Once your arthroscopic stitches are removed (typically at your first post-op appointment), white steri-strips will be placed over the incisions. Leave the steri-strips in place. They will gradually loosen and fall off as you move the knee and shower. It is ok to allow water and soap to get on the steri-strips.

### **Physical therapy**

- We will discuss physical therapy at your first post-op visit. Most patients begin formal physical therapy within 7 days after shoulder arthroscopy. If you do not have a physical therapy location, our office will help you decide on a location.
- You can begin exercise on a stationary bike after surgery. You will eventually progress to other forms of cardiovascular exercise (i.e. running, elliptical, etc.)

### **Work notes and time out of work**

- Your work status will depend on the procedure that was performed and the physical demands of your job. Your work status will be discussed at your first post-op appointment. A work note will be given to you, if needed, at your first post-op appointment.

### **Medications**

- You should take a baby Aspirin (81 mg) daily for two (2) weeks following your surgery. You may be prescribe a prescription blood thinner (i.e. Xarelto or Lovenox) depending on your medical history, history of a blood clot (DVT or PE), history of a clotting disorder, on birth control, etc. This will be discussed with you if a prescription blood thinner is recommended. **Do not take Aspirin and Xarelto or Lovenox together (unless otherwise instructed by your doctor).** You may have to wear compression stockings during and after knee surgery. These stockings should be worn until your first post-op appointment. This is to help with blood flow and prevent a blood clot.
- Most patients use pain medication for the first few days after surgery. There are times where pain medication is used for a longer period of time, depending on the surgical procedure. Also,

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pain varies from person to person. If you were prescribed Percocet (oxycodone/acetaminophen), Demerol (meperidine) or Dilaudid (hydromorphone), these medications cannot be called into your pharmacy. The most common side effects of narcotic pain medicine are dizziness, nausea, vomiting, urinary retention and constipation. We recommend starting with a stool softener (i.e. Colace, which is an over the counter stool softener at any local pharmacy). If you experience any other rare side effects such as shortness of breath or difficulty swallowing, call 911 or report the nearest emergency department immediately.

- If the pain medication is not effective at controlling your pain, please contact our office (804) 320-1339. Do not take Tylenol (Acetaminophen) in addition to your pain medication as most of the pain medication already contains Tylenol (Acetaminophen). Do not exceed 4000mg of Tylenol per day. For example: Percocet 5/325mg = 325 mg of Tylenol (Acetaminophen)