

Subacromial Decompression Post-Operative Instructions

1. Remove the dressing on the third day after surgery unless saturated with fluid. You may shower at this time if the wounds are dry and not draining. Your arm may hang at your side out of the sling during your shower. Pat incisions dry after showering and apply Band-Aids or gauze to sites as necessary. If you have Steri-Strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
2. The sling must be worn at all times except during showering. You may use your hand and elbow as a "helper". No lifting or shoulder movement.
3. You will be given a prescription for pain medication and an antibiotic after your surgery. (unless you are allergic to Penicillin)
4. You will not be able to safely drive at this time.
5. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours.
6. Physical therapy will begin 2-4 weeks after surgery.
7. You may take Colace twice daily while on pain medication to prevent constipation

