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ARTHROSCOPIC ACROMIOPLASTY AND/OR DISTAL CLAVICLE EXCISION Post-Operative Care

1. WOUND CARE

When you leave the hospital you will have two or three small waterproof plastic dressings on your shoulder. You can shower with these on, although it is best not to point the water straight at them or soak them in a bath.

Sometimes the pads beneath the plastic dressings are blood soaked – this is normal.

The sutures used are absorbable and do not need to be removed. The dressings and adhesive strips (steristrips) can stay on for 12 days, if the dressings fall off or leak before then replace them with a band aid.

If you develop fevers, or excessive redness or discharge from your wound, please contact us on the details below.

2. EXERCISING

The sling is provided to you for comfort, You can begin to use your arm normally when you are able, most people stop using the sling after 2-3 weeks.

Physiotherapy can start as soon as you are able, usually after 2-3 weeks. They will first begin 'movement' exercises and progress to 'strength' exercises as your symptoms allow.

3. PAIN & SWELLING

It is normal to experience some discomfort and swelling in the shoulder.

Take the pain relief you have been given as prescribed as necessary.

4. WORK

Please discuss your job's requirements with Simon Young, he will plan any time off work with you and provide you with the appropriate forms.

Depending on the nature of your job, you can return to work at about the two week mark.

FOLLOW UP

Wendy will typically arrange a follow up appointment 2-3 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please
phone 09 521 9846 or email ortho@axisportsmedicine.co.nz

After hours or if the query is urgent you can contact
Simon Young on 021 616 183 or email simon.young@auckland.ac.nz