

Postoperative instructions

Acromioplasty



Your return home

- Remove your dressing in:
 - 1 3 5 10 days
 - at your follow-up.
- Remove the little white dressings (Steri-Strips™) in:
 - 7 10 days
- Put an ice pack over the wound site for a maximum of 20 minutes per hour.
- Showering is permitted once you take off your dressing.
- No baths or pools are permitted for ten days.

Physical activities

- No driving for the week following your surgery, or until you stop taking your pain medication.
- No shoulder movements except for the exercises given to you by the physiotherapist.
- No sports permitted until you see your surgeon for your post-op visit.
- Wear your sling until your post-operative appointment.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™.
- If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness, swelling, numbness and tingling of the affected limb
- hardening or discharge (other than blood) of the incision
- pain and heat from the calf
- fever and chills
- increase in pain
- sudden shortness of breath

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

Next appointment:

Date:

Time:

Physician:

To reach the Orthopaedic Clinic:

1st level, C wing, room 175

Telephone: 613-746-4621 ext. 2747

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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