

# Postoperative instructions

## Acromioplasty and arthroscopy of the shoulder

Please follow your surgeon's instructions if they differ from the following statements



### Your return home

- Remove your primary dressing in 5 days.
- Remove the little white dressings (Steri-Strips™) in 7 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 primary dressing.
- No baths or pools are permitted for ten days.

### Diet

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

### 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 or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax 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.**

### Questions after your surgery? Please contact the Orthopedic Clinic

1<sup>st</sup> level, C wing, room 181

Telephone: 613-746-4621 ext. 4304

713 Montréal Rd. Ottawa ON

T 613.746.4621

[hopitalmontfort.com](http://hopitalmontfort.com)