

Name: [Insert pt name here]

DOB: [Click here to enter a date.](#)

Arthroscopic Subacromial Decompression, Distal Clavicle Excision, and Biceps Tenodesis Post Operative Instructions

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Medications

***Pain** (Tylenol with codeine, Tramadol, or Talwin)

You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

***Non-Steroidal Anti-Inflammatory** (Ibuprofen)

Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems, or drug allergy.***

***Antibiotic** (Keflex, Clindamycin)

If prescribed, please take this medicine as instructed.

***Antiemetic** (Phenergan)

This medicine should help if you are nauseated after your procedure. If you cannot tolerate this medicine, please contact the office as there may be an alternative.

Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

Activity and Shoulder Immobilizer

Move around as comfort allows while in your immobilizer. Use a soft ball for squeezing exercises to keep your fingers and hand supple. Unless otherwise directed, do **not** bend and straighten your elbow. You should remain in your sling for at least 6 week unless otherwise directed.

Cold Therapy

You may have been sent home with an Iceman for your shoulder. Use frequently for the first 10 days after surgery. Make sure pad does not directly touch skin.

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For questions and problems with the Iceman call Texas Brace System 817-416-7400 on call line 24 hours.

Dressing Change

Unless otherwise directed, you should remove your dressing on the day after surgery. Use band-aids to cover surgical sites and change at least twice per day.

Showering

Do not get the dressing or your incisions wet. You may use an occlusive dressing (water tight band-aids) until otherwise directed.

Physical Therapy

Will likely start within a week after your surgery. Prescriptions and instructions will be given at that time.

Post Operative Appointment

We would like to see you on [Click here to enter a date.](#) at [time]. Your appointment will be with [Choose an item.](#) If this date does not work for you, please call the clinic to reschedule.

Precautions

Some pain, swelling, bruising, and occasional numbness and tingling are to be expected. However, if you have any questions or concerns, please call our office.

To Do List:

- ✓ Prescriptions filled
- ✓ Ice for Iceman
- ✓ Band-aids (regular and water tight)