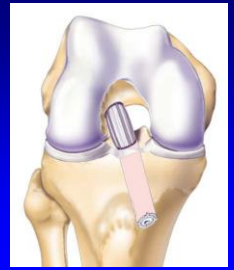




Dr. Benjamin  

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**Orthopaedic Surgeon**



## Shoulder Scope & Excision AC Joint

Date : \_\_\_\_\_

**Findings :**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Operation Performed**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your Operation was done through small holes in the skin which required no stitches. The wounds are held together by steristrips which can be removed after 10 days. Despite the fact that only small incisions were required for your surgery the amount of surgery done was as if a full operation had been performed

### POST OPERATIVE INSTRUCTIONS

Most patients stay 1 night in hospital and are discharged the following day.

Sling : You will return from theatre wearing a sling. This is for your comfort only and can be discarded within the first 4 days.

Dressing : It is normal for the wound to ooze a little during the first night. The nurses often have to change the dressing the next morning. Once you leave hospital the dressing should be left intact for 7 – 10 days,

Sleeping : Sleeping can be uncomfortable if you try and lie on the operated arm. We recommend that you lie on your back or on the opposite side. Ordinary pillows can be used to give you comfort and support.

Appointment : You should have an appointment to see Dr Hewitt in 2 weeks. If you don't have one, ring his secretary on 9212 4200.

### PHYSIOTHERAPY

It is important to begin moving the shoulder as soon as comfortable. My physio will see you while you are in hospital and instruct you on some simple exercises to do at home.

## SHOULDER SWELLING

Shoulder swelling and pain is inevitable after surgery. These can be controlled by

- Icing the shoulder for 20 mins three times per day.
- Keep doing the exercises to keep your muscles strong.
- Take regular pain medications.

## PAIN RELIEF MEDICATIONS

Most patients will need to take regular pain killing medications as shoulders can take a while to settle down.

### Paracetamol

Take 1 gram (usually two 500mg tablets) 4 times a day REGULARLY even if your pain is not severe  
Do not take if you are known to have severe liver disease

### Naproxen SR

Take 1 g once a day REGULARLY even if your pain is not severe for 5 days

Always take with food

DO NOT take if you know you are not able to take anti-inflammatory medications, if you have stomach ulcers or if you have kidney disease.

### Panadeine Forte

For severe pain instead of paracetamol.

Take 2 tablets 4-6 hourly, maximum 8 per day.

Strong pain-killers can make you constipated. I advise you also ask your chemist for laxatives such as coloxyl with senna and start on these as soon as you leave hospital.

## Return to activity

This depends on the damage found within the shoulder, the surgery performed and the fitness of the patient.

Driving : Usually one week after your operation or when the shoulder feels comfortable.

Office based work : 2-3 days.

Physical work : 3-6 weeks longer if heavy lifting or overhead.

Sport : You should avoid sustained, repetitive overhead activities for three months. With regard to swimming you may begin breaststroke as soon as you are comfortable but you should wait three months before resuming freestyle. Golf can begin at six weeks.

**If it hurts or swells then you are doing too much.**

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