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AC Joint Reconstruction
Post-Operative Instructions Checklist

Follow-up visit: _____

Dressing

Your dressing should remain intact for the first three days after surgery. You may remove the outer tape and dressings on the third day after surgery. Please do not remove steri-strips that are covering your incisions (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

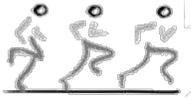
Cold Therapy/Ice

Continuous icing will help to decrease swelling and provide pain relief. We recommend icing the shoulder with an ice pack at least 3 times a day, for 20 minutes at a time. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation.

Sometimes there can be some bruising in the front of the shoulder and arm that occurs after surgery. This is expected and resolves on its own. Applying ice over the area will help it absorb quickly.

Sling

Wear the sling at all times for six weeks, even while sleeping. You may come out of the sling to shower, however keep the arm by your side and keep sure it is supported. Further instructions regarding sling use will be provided with the post-operative rehabilitation protocol.



Physical therapy

For the first week following surgery you will do hand, wrist and elbow motion. After the fourth week you will begin formal physical therapy.

Please refer to the postoperative rehabilitation protocol for further activity instructions.

POSTOPERATIVE PRESCRIPTIONS GIVEN

1. ASPIRIN ENTERIC COATED 1 TABLET DAILY

Take 1 Enteric Coated Aspirin daily for 2 weeks to help reduce the risk of a blood clot from forming after the surgery.

2. NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN

Do not exceed more than 4000mg of Acetaminophen per 24 hours

3. ROBAXIN 1 TABLET EVERY 12 HOURS AS NEEDED FOR PAIN

For the first week after surgery. Helps with pain control and muscle spasm.

DO NOT TAKE ANY ANTI-INFLAMMATORIES (Advil, Aleve, Ibuprofen, etc.)

Side effects of medication

Pain Medication (Norco, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Norco or Tylenol #3, as both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call our office at 713-794-3457. After hours, or on weekends, you may reach the on-call physician at 713-799-2300.