

Postoperative Debridement or Distal Clavicle Excision Protocol

After surgery until the first post op visit (10-14 days)

- You may remove the sling the first day after surgery. Do not wear the sling for more than 7 days.
- You may remove the dressings two days after surgery. If the incisions are dry, no further dressing or covering is needed. If there is any spotting or bleeding from the incisions, cover with a dry dressing. Remove and check the incision for spotting daily and do not replace dressing once dry.
- You may use the arm for simple activities of daily living below shoulder level such as dressing. Pain is your guide. Do not lift more than one pound and avoid overhead activities.
- Use pain medicine as prescribed but try to wean off them as soon as possible.
- The pain medication can cause constipation. Consider using a stool softener.
- Keep the dressings and incisions dry. Do not shower for 7 days or you may shower with the incisions covered with occlusive dressings (Tegaderm available in most pharmacies). You may bathe if the incisions are not immersed in water.
- You may place ice on the shoulder three times/ day for 15 minutes each time (more if desired, but not more than 15 minutes every hour). Keep the incisions dry while applying ice by using a towel over the incisions or use a Cryocuff.
- You may start pendulum exercises immediately.

Weeks 1-6

- The simple home exercise program will be prescribed involving table slides and wall walks.
- You will continue to use the arm for simple activities of daily living below shoulder level such as dressing. Pain is your guide. Do not lift more than one pound and avoid overhead activities.
- The goal is to achieve full active range of motion by 4-6 weeks.
- You should be able to wean off all opioid pain medication in 2-3 weeks and use over the counter oral anti-inflammatories if needed and if tolerated without side effects.

PT goal: The goal is to restore full active range of motion by 6 weeks

Weeks 6-12

You may start rotator cuff strengthening exercises with a home program or formal PT.

PT goal: Strengthen the rotator cuff and scapular stabilizers.

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3 months to 6 months

You should continue to see improvement in pain and function up to 6 months post-surgery.

Additional instructions:

Driving:

No driving for the first one to two weeks until range of motion and pain are improved.

No driving under the influence of opioids/narcotic pain medication (within 6 hours of last dose)

Work:

May return to sedentary desk work when no longer using narcotics regularly

No heavy labor for a minimum of 3 months