



Acromioclavicular Joint Reconstruction

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: Leave your dressing on unless your first post-op doctor or therapy visit is more than 48 hours after your surgery. After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1.5 to 2 weeks and will slowly peel off.

SHOWERING: You may shower after you change your dressing 48 hours after your surgery. OK to use regular soap but do not scrub. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

ACTIVITY:

- ◆ Take it easy
- ◆ Wear your sling
- ◆ No lifting until cleared by doctor

GOALS:

- ◆ Decrease pain and swelling
- ◆ Increase nutrition and healing response

If you experience severe pain that your pain medication does not relieve, you should let us know. If you experience a temperature over 101.5°, redness or swelling in your arm or hand, please contact our office daytime, evenings or weekends at (847)-634-1766.