

**GLENELG**  
ORTHOPAEDICS



## **Shoulder Arthroscopy & Decompression (Acromioplasty) Instructions for Patients**

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increases, shoulder swells or redness or fluid discharges, please contact me ASAP- ph 8376 9988 or pager available on 8378 2179 after hours.

### Shoulder Arthroscopy & Decompression (Acromioplasty)

#### Instructions for Patients

1. Note a sling will not be required. There will be a large wound pad covering smaller dressings. This will be removed approximately 12 hours after surgery. Wound is to be **kept dry** for 5 days and then can get wet in shower and wound to be dabbed dry with a fresh towel. The sutures should be removed by myself at 10-14 days.
2. **Do not** soak in pool, sea or bath until I have reviewed patient.
3. On discharge you will be given a follow up appointment. If you have not received an appointment please ring Debbie on 8376 9988 to arrange an appointment.
4. Physiotherapist usually to see patient prior to discharge, but none otherwise required until after I have seen patient at follow-up.
5. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly**

6. I will review you at 2 weeks after surgery, at which time any further questions can be answered. If however there are any specific concerns prior, please don't hesitate to contact me on 8376 9988.

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