

## Discharge Instructions for Open Distal Clavicle Excision, Impingement, Biceps Tenotomy, and Arthroscopic Slap Debridement

### Activity

- You may use your operated arm as much as your pain allows you to use it.
- Use arm sling until you are comfortable without it.
- It's okay to base for shower as you normally would. The surgical glue is □waterproof.

### Diet

- Clear liquids until no nausea or vomiting
- Advance to regular diet as tolerated
- If nausea and vomiting occurs, use the Phenergan prescription you were □given by Dr. Jernigan. If the Phenergan does not work, please call our doctor on call.

### Pain

- Expect to have a moderate amount of pain.
- Take pain medication as directed by the prescription you were given.
- Remember that it often helps to take acetaminophen with your pain □medication if your medication does not already contain acetaminophen. You may take up to six extra strength Tylenol or up to nine regular Tylenol per 24 hours if your medication DOES NOT already contain acetaminophen.
- You may also use Ibuprofen 800 mg every six hours or Aleve 440 mg every eight hours in addition to your prescribed pain medicine. □

### Dressing Care

- The surgical glue on your way retrieved but normal skin. It is okay to wash the wound. It is fine to get it wet.

### Call your doctor if:

- Excessive bleeding that does not stop after holding mild pressure over the area
- Temperature of 100.5 degrees F or greater
- Redness, excessive swelling or bruising, and/or green or yellow, smelly discharge from incision
- Any color, temperature, or sensation changes in operative arm/hand □

### Anesthesia

- For the next 24 hours, do not drive, drink alcoholic beverages, or make important decisions.
- Be aware of dizziness following anesthesia and while taking pain medications.

### Medications □

- Continue home medications as previously prescribed, unless told otherwise.