

## Arthroscopic Acromioplasty discharge instructions

### Activity

- You may use your operative arm as much as your pain allows you to use it
- Use arm sling until you're comfortable without it
- It's okay to bathe or shower as you normally would. Your dressing 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

- There is no need to change your dressing before your follow-up visit, but you may remove it in four days if you would like it off.

### Call your doctor if

- Excessive bleeding that does not stop after holding mom 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
- Plan to stay tonight within one hours drive from the hospital
- Be aware of dizziness following anesthesia and while taking pain medications
- Use the incentive spirometer every hour when awake until 24 hours after your surgery

#### Medications

- Continue home medications as previously prescribed, unless told otherwise