

WHAT TO EXPECT AFTER ARTHROSCOPIC SHOULDER DECOMPRESSION

- **You will be sent home with a sling and a bulky dressing.**
- **No soaking the incision or swimming or hot tub use for 2 weeks after surgery.**
- **Ice for comfort.**
- **Sling for comfort.**
- **No lifting more than the weight of a coffee cup for 6 weeks.**

You will also be given a handwritten prescription for pain medications. Take the medication as directed to avoid getting behind the pain curve.

Post Op Day 1-3:

On the **third day after surgery** you may remove the dressings and shower. You will not remove the Steri-Strips that cover the surgical incisions. You may put Band-Aids over the small wounds if you like, but this is not necessary. To shower, you should remove the sling and leave arm hanging down, and then bend forward to clean under the arm with the opposite hand.

Immediate post op arm and sling use:

Wear the sling 90% of the day for the first 2-3 DAYS after surgery until you are confident in feeling the arm. You may then move the arm in any direction you wish.

Once out of the sling you may drive a car.

Rehabilitation (2-6 weeks) :

- Exercises to regain shoulder motion usually begins with a therapist 2-3 weeks after surgery. Not all patients need physical therapy.
- The first goal is to regain full motion within 3 months after surgery.
- At **6 weeks**, most patients have regained near full motion and are working on strength.
- No lifting more than the weight of a coffee cup for 6 weeks for biceps tenodesis patients.
- Full recovery time after surgery varies. Most patients have greatly improved at 6 weeks and are close to normal by 6 months to a year.

Expected Recovery Time:

Time off work is usually between 2 weeks or up to 2 months, depending on the nature of job. No heavy lifting with the arm greater than 15 pounds for the first 5 months is allowed after surgery for the biceps. Generally, the pain is mostly resolved by 2-3 months after surgery. Your ability to reach overhead is usually achieved by 3 months after surgery.