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Sports Medicine and Shoulder Specialist

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POST-OPERATIVE EDUCATION: CC LIGAMENT RECONSTRUCTION

SLING:

Coracoclavicular Ligament Reconstruction: You will wear a sling for 6 weeks after surgery. This is necessary to protect your shoulder while it heals properly. You **MUST** keep your arm supported at ALL times even while showering, such as with a commercially available showering sling. Wear a large loose fitting shirt around your operative arm in the sling. It is safe to remove your sling while seated and awake and rest your arm on pillows to give your neck and elbow a rest from the sling. We do want you to be up and walking around at home as much as possible after surgery.

MOVING YOUR SHOULDER:

It is OK for you to loosen your sling and move your elbow, wrist and hand gently throughout the day. Keep your shoulder supported at all times. You may also squeeze a stress ball with your arm in the sling. You may learn shoulder exercises when you come to our office. To avoid motion which could loosen the graft, physical therapy is typically held for 2-6 weeks post-op. Some patients recover without the need for therapy.

ICE:

Please note that with the dressings placed during surgery, you may notice decreased benefit from the ice. Often placing the ice adjacent to the surgical site increases the effectiveness. Use as needed and if you notice benefit. Ice is most helpful in the first 3 days after surgery, but may help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

You may use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, rather place a towel on your shoulder in between your skin and the ice bag.) You can ice your shoulder 20 minutes on and 20 minutes off throughout the day. Do not ice an area longer than 30 minutes at a time, as this can cause frost bite.

BANDAGES:

You may remove your bandages and shower three days after surgery. If you have white Steri Strips, **DO NOT** remove them. It is OK to get your incisions wet after the bandage is removed, but it is very important not to soak the incision underwater (no bath, pool, hot tub etc...) for 3 weeks. It is OK to wash the incisions gently with soap and gently pat dry with a towel. Do not place any lotion or other ointment on your incisions. You may cover them with Band-Aids for comfort if they catch on your clothing.

MEDICATIONS:

Narcotic pain medicine (such as Percocet – oxycodone or Norco – hydrocodone): Take this AS NEEDED only. Start with Percocet (stronger) if given a prescription for multiple narcotics. Transition to Norco (less potent) as your pain improves. You may stop narcotics whenever you can tolerate the pain. Do not take additional Tylenol (also called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose as noted on the Tylenol bottle.

Zofran (ondansetron): You may take this medication if you are having nausea or vomiting. You may also take the Phenergan pill with a pain pill to increase the effectiveness of the pain pill if needed.

Robaxin (methocarbamol): This muscle relaxer may help with spasms experienced commonly after shoulder arthroscopy.

Stool softener: Pain medicines often cause constipation. It is best to take most of this medicine with some food, as it can cause a little stomach upset.

Please do not take NSAIDs such as Ibuprofen or Motrin, as these may slow healing of bone and tendon.

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery.

Many patients will recover without the need for formal physical therapy.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience high fever (above 102.5), chest pain, difficulty breathing, fainting: go to an **Emergency Department** close to your house.