



Patient Sticker

ALLEN CHONG

MBBS (UNSW), FRACS (Orth.)
Orthopaedic Surgeon
ABN 120 92 201 682
GENERAL ORTHOPAEDIC SURGERY
Arthroscopic Surgery

SHOULDER ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS

FINDINGS: **Left** / **Right**

DATE: ____/____/____

Impingement (bony spur rubbing on tendon)

Acromio-clavicular (AC) joint degeneration (damage of joint between collar bone and shoulder blade)

Biceps tendon frayed

OPERATION PERFORMED:

Sub acromial decompression (removal of bone spur)

Acromio-clavicular joint excision

Biceps tenotomy (tendon release)

YOUR OPERATION was done through small holes. Through these instruments were passed into the joint and a large amount of work may have been performed.

AFTER YOUR OPERATION:

1. Early movement is important and a physiotherapist will show you the exercises that you should do.
2. You will need to stay in hospital overnight. If you are feeling well AND the physiotherapist is happy with your shoulder you may leave the day after the operation.
3. After discharge, continue to maintain movement and rotation, as demonstrated by the physiotherapist.
4. A sling may help but is not necessary.
5. Apply ice to the shoulder for 20 minutes, 3 per day; anti-inflammatory medication may also help reduce pain and swelling.
6. If you do not yet have an appointment at the surgery office please phone to confirm an appointment on the number below.

PROBLEMS:

If you are having problems with your shoulder do not hesitate to contact the office on 9791 7744. I can be reached by page at any time and I will get back to you as soon as possible.

Photos from the operation:

Several photos will be taken using the keyhole camera. You will get a copy of these with a post-operative information sheet. The photos will be discussed with you at your post-operative appointment. It's better to explain what these photos show after you recover from the anesthetic and the surgery.

Bunbury Orthopaedic & Sports Surgery
Unit 3 / 138 Spencer Street, Bunbury WA 6230
Telephone: (08) **9791 7744** Facsimile: (08) **9721 8055**