

SUBACROMINAL DECOMPRESSION (SAD)

Pre – operatively:

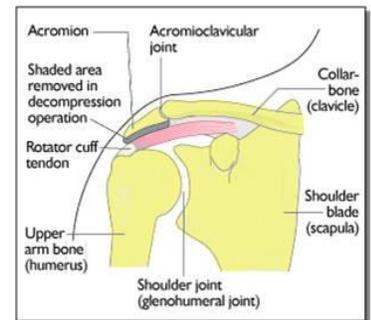
About a week before your surgery all anti-inflammatory medication should be stopped to reduce bleeding during surgery. If you are taking anti-inflammatory medication for another problem please consult your GP first.

Continue with any exercises you have been given by your physiotherapist to keep your shoulder as flexible and strong as possible to assist a more speedy recovery.

A shoulder decompression is an arthroscopic procedure (i.e. keyhole surgery) using instruments through 2-3 small incision (each about finger width in size). All the shoulder structures can be viewed and your diagnosis confirmed. Then any necessary tissue or bone is removed to create more space between the ball and the socket for the Rotator Cuff tendons to sit and avoid any further impingement.

1-2 stitches will be used for each incision, these stitches will be removed at your follow up appointment with Mr Gianni, one week post-op. The area will be covered with a waterproof dressing/plaster which should remain in place until the stitches are removed. You may shower with the waterproof dressing on.

Mr Gianni will carry out the procedure at The London Clinic, Consulting Rooms, 5 Devonshire Place, London W1G 6HE, (www.thelondonclinic.co.uk). It will be done under a general anaesthetic and for that reason you will usually be kept in overnight so take overnight wear and toiletries. You will be seen by the consultant prior to being discharge from hospital. Nursing staff will give you painkillers and a sling to wear. You will need someone to drive you home from hospital. A physiotherapy appointment will be booked for you within the first week after your surgery.



First 2-3 days post op:

- ❖ Continue to wear the sling during the day for comfort . It does not need to be worn at night.
- ❖ Take regular pain relief and anti-inflammatory medication as advised by the nursing staff
- ❖ Maintain good posture at all times. This will avoid any excessive strains on your neck and shoulder.
- ❖ To avoid other joints stiffening up by making sure you regularly move your fingers and hand whilst in the sling and occasionally take your arm out of the sling and let it relax down by your side to stretch your elbow. Keep your neck from stiffening up by regularly tilting your head from side to side, or turning your head to look round to the left then right a little and often throughout the day. Also, keep your shoulders relaxed by gently shrugging your shoulders up and down.

Washing:

You may need assistance to wash your un-operated arm as you will not be able to use your operated arm to do this. Please remember to keep the surgical wound dry and protected whilst washing. Waterproof dressing can be used and may be purchased from a chemist.

Getting dressed:

You will find it easier to wear front opening clothes. Sitting on edge of the bed let your operated arm hang down by your side. Pull the sleeve over your operated arm first. Once dressed place your arm back in your sling.

Sleeping

Sleeping can be uncomfortable for first few weeks. You may find it more comfortable to sleep on your back initially with a pillow under your operated arm or on your unaffected side with a folded pillow in front to support your operated

Driving:

You will be unable to drive immediately post op. Your physiotherapist can advice you when you have sufficient movement and strength in the arm for driving.

If any of the following symptoms occur then contact your doctor as soon as possible:

- ❖ High temperature above 100°
- ❖ Post op pain not controlled by prescribed medication
- ❖ Constant tingling or numbness in the arm/hand

Your physiotherapist will see you a few days post op to start your graded rehabilitation programme. It will take up to 6-9 months for full recovery.

If you have any questions or concerns please contact us on 020 8650 5353

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