

Andrew J. Pastor, M.D.

## **Distal Clavicle Resection Post Op Instructions**

**Activity level-** There is no restriction on range of motion after surgery as long as there is no weight in the hand. The more you are able to allow your body to rest and recover initially, the better and faster your recovery will be. Sleeping may be difficult the first few days after surgery and comfortable positioning is important. Sleeping in an inclined position with the shoulder higher than the heart is usually most comfortable and can be done best in a recliner chair or lying propped up by pillows.

**Precautions/activities to avoid-** **No** lifting anything heavier than a coffee cup for 2 weeks, then nothing heavier than a gallon of milk for the next 6 weeks. Repetitive motions such as raking, lifting or even running should be avoided for 8 weeks. Stationary bike and elliptical trainer use, (without the arms) is fine as tolerated.

**Sling-** You will be placed in a sling immediately after your surgery. The sling is to support the weight of your arm and for comfort. It **should** also be worn to bed at night unless you don't move around much. You **may** extend your elbow outside of the sling frequently to avoid stiffness of the elbow. Desktop level activities are fine immediately. It may be discontinued in a few days or weeks if not helpful.

**Dressings-** Dressings can be removed after **2 days**. At this point, you may get incisions wet in the shower when sealed and dry. Clean with simple soap and water and pat dry. Do not soak the wounds for the 2 weeks following surgery! You may use skin lotion in all places except over the incisions. Do not apply any special ointments or creams to the incision until the skin is completely healed, typically 3 weeks after surgery.

**Home exercises** - You **may** begin doing pendulum exercises out of your sling the day after surgery as long as this is comfortable. These exercises will keep the shoulder joint mobile and prevent stiffness. You **may** also squeeze a soft ball, and move your fingers, wrist and elbow as much as you like. Physical therapy may be prescribed when you return for follow up. This will consist primarily of a home exercise program.

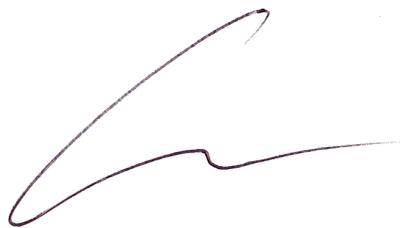
**Return to work** - You may return to work depending of your job function as early as 3 to 4 days after your surgery. You will need to be off all narcotic pain medication for your brain to function normally. Jobs that have more physical requirements may require longer time away, up to 4 months in cases of heavy labor. Driving requires being off all narcotic pain medications and being comfortable using the shoulder.

**Report any of the following symptoms immediately:** Fever greater than 101° F, calf pain, pain not controlled by pain medications, redness swelling specific to the incision site, excessive bleeding, problems with pain medication, numbness and tingling of the arm that was operated on. You may call our office and speak with a member of our office staff. The number is (425-412-1875).

**Follow up**- Follow up with Dr. Pastor will be two weeks following surgery. This appointment should have been pre-arranged prior to surgery.

You will follow up again at 6 and 12 weeks after surgery.

Thank you! I appreciate the opportunity to participate in your care.



Andrew J. Pastor, M.D.  
[www.AndrewPastorMD.com](http://www.AndrewPastorMD.com)

Based on protocols established by Winston J. Warme, M.D. - Chief of Shoulder surgery at the University of Washington Medical Center