

## AC/CC JOINT RECONSTRUCTION/REPAIR

### Post-Operative Care

- Ice the area several times per day for 30 minutes at a time over the dressings
- You should be able to return to work/school as soon as you feel comfortable, likely 2-5 days.
- Wear your sling at all times except for physical therapy and bathing.
- Keep the dressings clean and dry at all times. If saturated after 5 days; okay to remove and cover with waterproof dressing followed by Press-and-Seal Saran Wrap.

### Pain Control

- Ice will help control swelling and pain
- We recommend you take the pain medication as prescribed for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort or pain is normal, however if you are experiencing a significant increase in pain after 24 hours, please notify our office at (828) 258 8800 ext 3700.
- Constipation with pain medication is common. Take prescribed colace for a laxative to prevent this.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital

### Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic
- It is normal to have swelling, discomfort, and a low grade fever (<100 degrees).
- Notify our office if you have marked and sudden increase in pain after 24 hours or persistent fever >100 degrees
- The dressings may be removed by you or your physical therapist 24 hours post-op. Once the bandage is removed, clean the incision once per day and keep dry while bathing.

### Physical Therapy

- Physical therapy will be set-up before you are discharged from the hospital after surgery.

### Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely maneuver the car without putting yourself or others at risk.**
- You will receive a black post-op folder before leaving the hospital with your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc