

What To Expect After Surgery

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AC JOINT RECONSTRUCTION

Post-Operative Care

- Ice for 30 minutes several times each day.
- Return to work/school as soon as you feel comfortable, which will likely be 2-5 days.
- Wear your sling at all times, except for during physical therapy and bathing.
- Keep the dressings clean and dry at all times.

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 (334)793-2663.
- 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, therefore you 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 after surgery. Once the bandage is removed, clean the incision once per day and keep dry while bathing.

Physical Therapy

- Physical therapy should be set-up before you are discharged from the hospital. If not, you will need to schedule to start post-operative day 1 or 2.

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 your post-op appointment information at discharge.