

## WHAT TO EXPECT AFTER SUBACROMIAL DECOMPRESSION SURGERY

Dr. Erik Dorf

Subacromial decompression surgery is very common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your injury/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. **SURGERY DAY:** Following your surgery you will have a bandage on your shoulder and your arm will be protected in a sling.
2. **FIRST 48 HOURS AFTER SURGERY:** Your arm may be numb or asleep for up to 24 hours after surgery. After the first 24 hours following surgery, it is important that you straighten out your elbow for approximately five – ten minutes several times daily while you are awake.
3. **FIRST TWO WEEKS:** Pain or swelling in the operated area is normal. This can be lessened by the use of an ice pack, by elevating your hand above the level of your heart or higher than your nose, and by the use of your pain medication as needed. **You can wean out of the sling as pain improves over this timeframe.**
4. **AT YOUR TWO WEEK POST OP OFFICE VISIT:** We will check your incisions. You will be given a prescription for physical therapy, which you will begin after this visit.
5. **6 WEEKS AFTER SURGERY:** You will return to the office and we will check your shoulder range of motion. You will continue physical therapy, progressing from passive and active range of motion to strengthening.
6. **HOW LONG TO GET BETTER?** Most people are mostly better by 10-12 weeks and will be progressing with activity as tolerated. It may take up to 6 months for you to be fully improved.

**Should you have any questions, please call any of our offices at the following numbers:**

**Edwards (970) 569-3240**

**Frisco (970) 668-3633**

**Vail (970) 476-7220**