



## JONAS R. RUDZKI, MD

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SPECIALIZING IN SHOULDER & KNEE SURGERY

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## POST-OPERATIVE PATIENT INSTRUCTIONS:

### Coracoclavicular/Acromioclavicular Reconstruction

Please remove your surgical dressing on the morning of the 2<sup>nd</sup> day after your surgery. Keep the wounds covered with a sterile gauze bandage changed daily.

Please do not use Bacitracin, Neosporin or any other creams under the bandages. Apply an ice-pack over the clavicle 3-4 times each day for 30 minutes.

You may shower quickly (3 minutes) on post-operative day #5 if the incision is completely clean and dry. Cover the incision with plastic wrap and secure it with tape. Wash the axillary area (arm pit) daily with soap and a moist towel.

Please do not soak the shoulder (no baths, hot tubs, swimming or soaking).

Your sling should be worn at all times until your first post-operative visit to provide both comfort and support.

Come out of the sling 2 times a day for gentle elbow & wrist range-of-motion exercises with your arm supported at the side. Please work on wrist & finger range-of-motion exercises when in the sling.

It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.

Please call the office to schedule a follow-up appointment to have your sutures removed ~10 days after your surgery.

If you develop a fever (temperature greater than 101.5 F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

You will receive a prescription for pain medication (typically either Vicodin or Percocet).

The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. These pain medications should not be taken on an empty stomach and they should only be taken as needed for pain.

If you had a hamstring tendon harvest to augment your reconstruction, you will follow the same instructions for your knee incision. Remove the dressing on the 2<sup>nd</sup> morning after surgery. Ice your knee 4x/day for ~30 minutes. Elevate your leg whenever possible. You may bear weight on your leg without limitation as tolerated. Keep the incision clean & dry at all times.

If you have any questions, please contact our office.

