Recovery from Acromioplasty/Distal Clavicle Excision

Arthroscopic acromioplasty and/or distal clavicle excision consists of removing bony spurs and arthritic bone that can cause shoulder pain. Sometimes, these conditions can also be associated with a tear of the rotator cuff or biceps tendon, which lie underneath the spurs. If these structures do not have to be repaired at the same time, there is no need for immobilization to protect the repair so the sling does not need to be worn all the time. It is just for comfort and can (and should) be removed when pain is tolerable.

Typically, we keep you in your post-operative dressing until we see you in the office at 3-4 days after the surgery. At the first post operative visit we will typically remove the dressing, put band aids over the portal sites and allow you to shower. (Sponge baths until then.) Please change the band aids after showering, after about 5-6 days no band aids are usually needed. We will enroll you in physical therapy to help you regain motion and strength as quickly as possible and you will begin a home exercise and stretching program. See the video section for a demonstration of post operative exercises.