

Arthroscopic Distal Clavicle Excision

What is Osteoarthritis or Degenerative Joint Disease?

Cartilage is a protein substance that serves as a “cushion” between the bones of the joint. In osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together. The acromioclavicular joint (AC joint) can degenerate and cause pain with activity and shoulder movements.

What is a distal clavicle excision?

A distal clavicle excision, aka Mumford, excises the distal end of the clavicle to make more room in the acromioclavicular joint. This procedure will alleviate symptoms related to the osteoarthritis in the AC joint. Dr Acevedo uses special instruments to burr down the end of the clavicle arthroscopically.

Length of Stay

This is same day surgery. You will need to have someone who can take you home.

Anesthesia

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep. The second type of anesthesia is a nerve block. Your arm will be numb and will feel very strange. The nerve block will last about 12-14 hours. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

Incision

You will have 2-3 small incisions around your shoulder. They will only be about 1 cm long. The sutures are buried and absorbable. There will be small "Steri-Strips" on the wounds after you remove the dressings, and these will stay on for about 2 weeks. The steri-strips can get wet in the shower.

Pain

You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours. It is important to stay on top of the pain medication. Most patients receive Toradol, which is a strong anti-inflammatory. Begin taking this medication when you get home. The Narcotic you are prescribed should be used as a rescue medication as needed. For the first 2 days it is advised that you take 1 of these pills around the clock to stay on top of the pain. If it is too strong, you can take Extra strength Tylenol in its place.

Sling

Your arm will be placed in a sling prior to leaving the operating room. You can remove your sling after 72 hours.

Dressings

You will go home with dressings and gauze. You may shower after surgery as long as the TEGADERM dressing is intact. If the tegaderm begins to fall off it may be removed after 3 days. The actual skin incision CANNOT get wet prior to 3 days. After the dressings are removed, simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.

Post Op Ice Therapy

If you can obtain an Ice Machine Unit these are very helpful. **Please be sure to bring it in with you on the day of surgery.** Plan to use ice on the shoulder intermittently at least for the first 48 hours after surgery. You should use ice therapy on the shoulder for 15-minute increments throughout the day. Using ice therapy helps decrease pain and swelling. You can use it daily as needed throughout your recovery period.

Physical Therapy

For your entire recovery you will do exercises at home. You will also go to formal therapy when Dr. Acevedo feels it is appropriate to refer you. If you prefer home therapy, Dr Acevedo can prescribe you a program with the MyHealthTrack app.

Restrictions

Recovery from a distal clavicle excision is three months. During that time you will have restrictions on the use of your operative arm.

Day of surgery to week 6: no lifting or carrying greater than 10lbs

Weeks 7 -12: No restrictions

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Pictures

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your shoulder.

Driving

You are not allowed to drive until you are out of the sling and you feel safe. This is usually about 4- 6 weeks post op.

Follow Up Appt

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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