

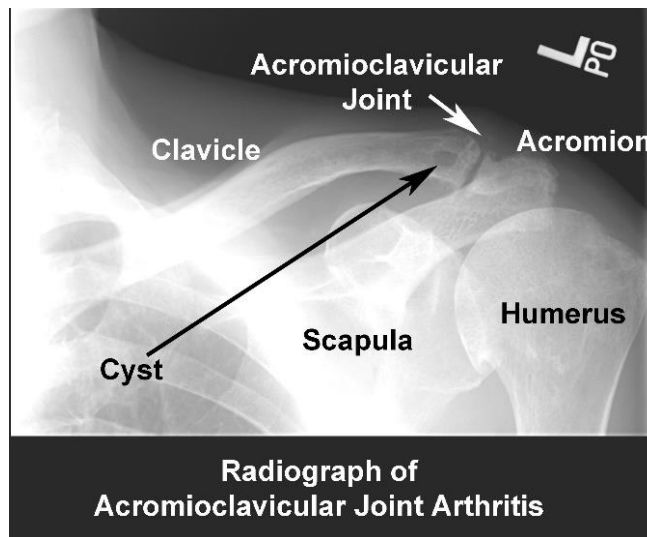
STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Arthroscopic Distal Clavicle Resection for AC Joint Arthritis

Indications for Surgery

Acromioclavicular (AC) arthritis occurs when the protective cartilage covering the ends of the bones at the joint between the acromion (bony roof of the shoulder that is an extension of the shoulder blade) and clavicle (collar bone) wears out (arthritis). This cartilage wears out from excessive joint loading (in weightlifters or heavy laborers) or following injury. In active patients, shoulder pain and limitations can occur as the worn bony ends of the joint grind together and cause mechanical symptoms and inflammation.



Contraindications to Surgery:

- Infection
- Patients with poor general health which is not sufficient to proceed with surgery

Potential Surgical Risks and Complications:

- Infection
- Continued or recurrence of pain
- Stiffness or loss of motion of the shoulder
- Inability to return to the same level of athletics or work
- Persistent pain and weakness of the shoulder
- Finding damage to other structures in the shoulder such as the biceps tendon, rotator cuff, labrum, and articular cartilage that may require further treatment at the time of surgery



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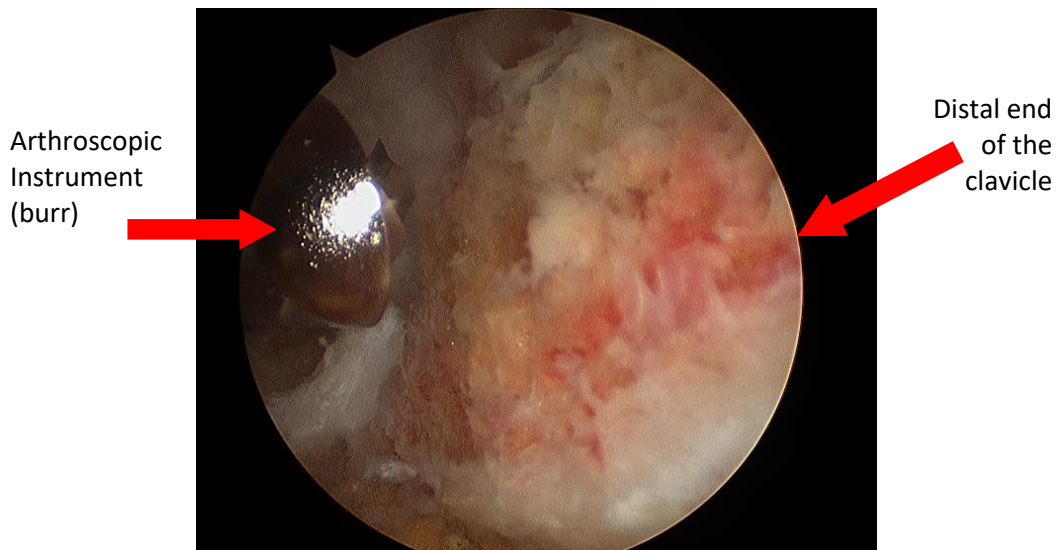
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Hospitalization and Anesthesia

- Outpatient surgery (you go home the same day)
- General anesthetic with interscalene block (See *Your Surgical Experience* booklet)

General Surgical Technique

Through small arthroscopic incisions, Dr. Chudik will use special instruments to remove a several millimeters of bone (and any spurs) at the AC joint so that the acromion and clavicle no longer contact each other. The ligaments around the AC joint are preserved to maintain stability of the joint and allow full strength and function.



Arthroscopic photo of the resected distal clavicle

Post-operative Course

- You will use a sling at all times for the first 24 hours; then you may discontinue the sling as you tolerate.
- You may feel more comfortable sleeping sitting upright (on a couch or recliner chair) after surgery.
- Keep the wound clean and dry for three days following all arthroscopic surgery. You may shower lightly after three days but wounds cannot be submerged under water for three weeks.
- Driving is possible when there is sufficient range of motion and strength and when you are off your pain medication.



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- Return to school/sedentary work in a few days to one week. Avoid excessive use or any repetitive reaching, lifting, carrying, overhead activities, etc.
- Physical therapy should begin two to three days after surgery and continue for three to four months. The success of restoring function and strength without pain is highly dependent on the post-operative rehabilitation. It is crucial to follow through on and maintain a proper therapy schedule.

Return to Activity

You may return to unlimited activities when there is no pain and full shoulder range of motion, muscle strength and endurance, and functional use has been restored. This usually requires three to four months following a distal clavicle resection. Dr. Chudik will tell you when it is safe to resume all activities.

Preoperative Instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin[®], Lovenox[®], Xarelto[®] according to the prescribing doctor's directions
- Stop anti-inflammatory medicines such as ibuprofen, Advil[®], Motrin[®], Naprosyn[®], Alleve[®], etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing

Do not eat or drink anything from midnight, the evening before surgery

Scheduling Surgery

Contact Dr. Chudik's surgery scheduler at 630-324-0402 or contactus@chudikmd.com to:

- Schedule the date and location of surgery (the hospital will call the day before with the confirmed arrival time)
- Schedule a pre-operative appointment
- Schedule a post-operative appointment to remove sutures and review post-operative instructions

Notify My Office if Symptoms Worsen



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