

## **Post-Operative Instructions: Shoulder Arthroscopy with Labral Repair**

1. You may remove your dressing the day after surgery. Once the dressing is removed you may shower, but do not submerge or soak the incision sites. Pat, do not rub, to dry over them. Cover with a Band-Aid as needed.
2. Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call the office. If you had a block at the time of surgery, expect your arm to be very weak, partially paralyzed and numb during the first day. The function should return steadily by the next day. Do not remove your sling until this happens.
3. Wear sling and/or abduction pillow (if this was placed) at all times. It may be removed for exercises, showering and clothing changes only as directed. Keep your arm at the side for showering and clothing changes.
4. Icing- If you have an ice machine use this for 30 minutes at a time. Place a thin towel or pillow case between the cooling pad and your skin. You can fill the machine with ice or freeze a few water bottles and rotate them out once the ice melts. Make sure that the pad tubing is connected securely. If it is not hooked up tight it will leak water. If you do not have an ice machine frozen peas or a bag of ice works well too. Do not put the ice directly on your skin.
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6. Your post-operative therapy begins on the day of surgery. Elbow and wrist range of motion exercises should begin on the first post-operative day. You should perform these exercises 4 times per day as tolerated to maintain full elbow and wrist motion. Other exercises may be prescribed by your physician as well. You may remove the sling/abduction pillow several times a day to do pendulum exercises, in which you bend forward at the waist and swing the arm as it dangles under you one way and then the other. You can also lift your arm in front of you up to 90 degrees, but not

higher. You can rotate 30 degrees in or out, but not more. In some instances we may advise you not to move the arm, but unless you have received these specific instructions, we recommend that you do these exercises.

7. Do not elevate your arm above 90° for the first 4 weeks. Do not lift more than 5 lbs. for 6 weeks. Any shoulder motion other than that described in #5 should be strictly passive and carried out by a Physical Therapist. Your therapist will have specific instructions guiding your therapy. At 4-6 weeks the labrum is usually healed enough to begin active-assisted and active range of motion. Strengthening of the muscles usually begins about 8 weeks from surgery and continues for 2-3 months. Return to pre-injury activity is usually acquired in 4-6 months.
8. Pain - Post-operative pain should be controlled by the prescriptions given to you. You should discontinue their use if you have stomach pain or GI issues with them. Take them with food. With regard to pain medication, you should try to wean off of the strong pain medication as you are able. Most patients can switch to extra-strength Tylenol after the first 1-2 weeks.
9. If you have a fever over 101.5°, shaking, chills or increasing pain after 3-4 days past surgery, please contact us or go to the Emergency Room. Moderate pain is expected for a week or so but should gradually diminish.
10. You will be seen in the office 10-14 days after surgery for follow-up. If you have any problems or questions please call the office (607) 734-4110.