

# **Arthroscopic/Open Shoulder Labral Repair**

## **SLING**

You will be wearing a sling after your surgery. You should wear the sling at all times except for physical therapy. You will remove the sling 4 times a day to perform your exercises.

## **PHYSICAL THERAPY**

PT is an important part of your recovery. You must see a physical therapist 3 times a week, beginning after your first post-operative visit for suture removal. Be sure that the place you have chosen is convenient to you and that they take your insurance. In addition, you will perform your exercises at home 3 times a day. These exercises will consist of hand, wrist and elbow range of motion as well as specific exercises to prevent your shoulder from becoming stiff. Dr. Wright will write a prescription for you to take to your therapist. If you need help finding a therapist, please let our office know.

## **BANDAGE**

You will have bulky bandage over your operative shoulder. This bandage needs to stay on until your first post-operative office visit. Your sutures will be removed on your first office visit approximately 7-10 days post operatively. You can apply a small dressing over your incision or cover it with band-aids whatever is most comfortable for you.

## **SHOWERING**

You must keep the incision dry to prevent an infection as it is healing. It is best to take a bath for the first 7-10 days while the bandage is still in place. After your first office visit you can take a shower. Try to avoid the shower from hitting the incisions directly. When you get out of the shower dry the shoulder completely and cover the incisions with a dry dressing. Do not apply creams, ointment or lotions to your incisions while they are still healing (approximately 3 weeks).

## **MEDICATIONS**

You will receive a prescription for pain medication prior to your discharge from the hospital. For the first few days after surgery you will likely need to take 1-2 tablets every 4-6 hours. After that, you may take one tablet for mild to moderate pain and two tablets for more severe pain. Please make the hospital staff aware of any allergies you may have to avoid medical complications. You may also receive an anti-inflammatory medication (or take an over-the-counter one such as Ibuprofen, Aleve) to reduce swelling. This may be taken with your pain medication and should be taken as directed on the bottle. If you find that you are constipated from the medications, please feel free to use an over the counter stool softener or laxative.

## **ICE**

Prevention of post-op swelling or inflammation is an important part of your recovery. Apply ice to the surgical site 20 minutes 4 to 6 times a day or use your cryocuff as directed in the instructions. Also, it is important to apply the ice/cryocuff 10-20 minutes after completing your physical therapy.

## **NOTIFY OUR OFFICE IMMEDIATELY AT 855-NH-SPORT IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR:**

1. Chest pain or shortness of breath
2. Change is noted to your incision (i.e. increased redness or drainage)
3. Temperature greater than 101.5 degrees
4. Fever, chills, nausea, vomiting or diarrhea
5. Stitches loosen or fall out and incisions open up
6. Thick, foul-smelling drainage (yellow or greenish)
7. Increased pain which is not relieved by medications or other measures mentioned above