

**POSTOPERATIVE INSTRUCTIONS -
SHOULDER ARTHROSCOPY WITH LABRAL REPAIR**

- Sling x 4 weeks
- Begin PT @ week 1 or 4
- Week 1: PROM if older/subjective instability
- Week 4: PROM if frank instability
- Week 7: 0 ROM restrictions
- Week 8: Begin strength (Throwers Ten) / okay to begin running
- 3 mos: Heavier strength (Closed chain/bench/overhead)
- 4mos: Interval throwing program
- 6mos: Throwing from mound

SLING/MOVEMENT

For the first 4 weeks after surgery, you must **wear your sling at all times including while you are asleep.** You may only remove the sling to shower and to perform range of motion exercises for your elbow.

You should flex and extend your elbow 3 to 4 times a day to prevent stiffness. Do not move your elbow away from your body as this may damage the repair.

ICE

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm). Also, an injection of local anesthesia was injected into your shoulder after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

You have been given an antibiotic medication – please take this as prescribed until completion of the medication.

A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. You may remove your dressing two days after surgery. Please place band-aids over the incision sites. At this time you may take a shower, however you should avoid direct contact on the incision sites. Water-proof band-aids over the incision sites are very helpful. Please keep the incision sites clean and dry.

Do not take a bath or submerge your shoulder in water until your incision is checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

Please call the office prior to, or immediately following, your surgery in order to schedule a post-operative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription for physical therapy.