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POST-OPERATIVE INSTRUCTIONS FOR SHOULDER STABILIZATION AND LABRAL REPAIR

PAIN CONTROL: A script for pain medication will be given pre-operatively. Please use as directed

ACTIVITY: Rest the day of surgery. You may place a pillow under your forearm for comfort. Sleeping sitting up for the first few days may be more comfortable.

SLING: Your shoulder will be placed in a sling in the operating room. You must wear the sling at all times (including sleeping) for 4 weeks.

ICE: An ice wrap will be placed on your shoulder in the recovery room. Use ice as much as possible for the first 3 days. After 3 days, use it for a minimum of 4 times a day for 30 minutes. The more you use it, the less swelling and inflammation you will have.

BANDAGES: You may remove the outer dressing and gauze pads after 48 hours. You may cover the sutures or incisions loosely with a Band-Aid. Keep your sutures and wounds clean and dry. If you wish to shower, use a plastic bag or saran wrap to keep your shoulder dry. Your sutures will be removed approximately 10 days after surgery.

PHYSICAL THERAPY: will be arranged at your first post-op visit.

DRIVING: No driving is allowed while you are wearing the sling.

RETURNING TO WORK OR SCHOOL: You may return to work (sedentary) or school 3-5 days after surgery if pain is tolerable. Returning to heavy labor will be

determined by Dr. Wert.

NORMAL SENSATIONS AND FINDINGS AFTER SURGERY:

- a. Shoulder pain☒
- b. Shoulder warmth up to 3 weeks.
- c. Small amount of bloody drainage☒.
- d. Numbness to incision area☒.
- e. Bruising☒
- f. Swelling of the hand. If this happens, open and close your fingers to help pump the blood.
- g. Low-grade temperature less than 101.5 degrees – if this occurs, drink plenty of fluids and cough and deep breathe (take 10 breaths, on the last hold for a second then forcefully cough a few times). A low-grade temperature is normal for a week after surgery.
- h. Small amount of redness to the area where the sutures insert the skin

NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR:

- a. Change is noted to your incision (i.e. increased redness or drainage)
 - b. Temperature greater than 101.5 degrees
 - c. Fever, chills, nausea, vomiting, or diarrhea☒
 - d. Incision becomes open
 - e. Drainage becomes yellow, pus-like, or foul smelling
 - f. Increased pain unrelieved by medication
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