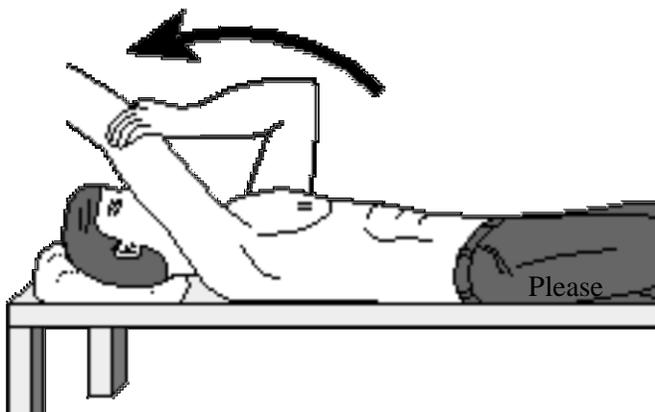


Discharge Instructions after: Shoulder Arthroscopic Labral Repair

- 1) Use ice on the shoulder intermittently over the first 72 hours after surgery.
- 2) Pain medicine will be prescribed for you prior to discharge. Use the medicine liberally over the first 48 hours, then you can begin to taper your use. You may take Tylenol or Advil in place of pain pills.
- 3) Leave the dressing in place for 2 days and then remove. Replace with Band-aids or Tegaderm (available in Pharmacy).
- 4) You may shower 2 days after the surgery, but the incisions may not get wet until 5 days following the date of surgery. You may use waterproof band aids before that time. **DO NOT** submerge the incision under water and **DO NOT** rub the incision. Place a new band-aid over each suture after showering.
- 5) A sling will be provided for discharge. You will be removing the sling 3 times each day to perform motion exercises. **Otherwise you will need to wear the sling for a total of 6 weeks, including during sleep.** Patients often find it easier to sleep in a recliner chair as opposed to lying flat in bed. Please keep a clean pad in your armpit while you wear the sling to prevent excessive sweating if this becomes a problem.
- 6) **Active overhead reaching and lifting with the shoulder is NOT permitted.** Active use is permitted for the elbow, wrist and hand. You may use the operated arm only for activities of daily living that do not require the operative arm to leave the side of the body, such as eating, drinking, bathing, etc.
- 7) Three times each day you should perform the assisted overhead reaching exercise with the operated arm. You will be taught this exercise prior to leaving the surgery center. The exercise should be done with the non-operated arm used as the "therapist arm" while the operated arm remains relaxed. **Twenty repetitions should be done three times each day.**

Overhead reach is helping to lift your stiff arm up as high as it will go. To stretch your overhead reach, lie flat on your back, relax, and grasp the elbow of the tight shoulder with your opposite hand. Using the power in your opposite arm, **bring the stiff arm to 90 degrees only**. Breathe slowly and deeply while the arm is moved. Repeat this stretch 20 times, three times a day, trying to help the arm up a little higher each time.



Please call (970) 245-0484 for any problems, including the following:

- excessive redness of the incision
- drainage for more than 4 days
- fever of more than 101.5 F

Call for an appointment within 7-10 days of your surgery.