



Post-Operative Instructions:

Shoulder Arthroscopy with Labral Repair

WOUND CARE

- Remove surgical dressings 3 days after surgery and leave steri-strips over surgical sites intact. If any are removed accidentally, please apply a sterile bandaid to the affected area.
- After removing the dressings, you may shower as normal letting soapy water run over the surgical sites.
- Do NOT fully submerge your body in water (i.e. in a bath tub or pool).
- A small amount of drainage from the surgical sites is common. If this occurs, you may apply a sterile bandage to the affected area.
- Swelling in the affected extremity from your shoulder to your hand is considered common.

ACTIVITY

- Absolutely NO lifting.
- Use your sling at all times especially when leaving the house to prevent injury.
- You may remove your sling to work on gentle range of motion exercises 2-3 times per day. Your exercises include: gentle pendulum movements, gentle flexion and extension of the shoulder.
- Formal physical therapy will begin 2 weeks after surgery. A physical therapy referral will be provided at your first post-operative appointment.
- Sleeping upright in a reclining chair or upright in bed with supportive pillows underneath the affected extremity may be the most comfortable position for 1-2 weeks following surgery.



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PHYSICAL THERAPY

- Physical therapy will begin 2 weeks following your surgery. We recommend 2-3 sessions per week for 4-6 weeks to start. It is important to wear your sling it at all times outside of your home for the first 3-4 weeks.
- Weeks 4-6 will consist of exercises which will help to increase your range of motion. This can be tedious and frustrating, but is very important to listen to your therapist and orthopedic provider.
- Weeks 6-12 will consist of strengthening exercises.

PAIN MANAGEMENT

- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform the physician or PA prior to the procedure.
- Take the medication as prescribed. Use the least amount of narcotic pain medication as possible.
- Use Ibuprofen (ex. Advil) 200-800mg three times per day to help with pain and swelling in addition to narcotic pain medicine. (Do not exceed greater than 2400 mg of Ibuprofen daily)
- Call the office if you continue to have uncontrollable pain.
- To help with swelling and pain, ice as often as possible. Ice 20 minutes on and 20 minutes off.
- If you received a block during surgery, this will typically wear off in 8-12 hours. To prevent waking up in severe pain the first night of surgery, we recommend taking pain medication prior to bed to avoid waking up in severe pain after your block has worn off completely.

EMERGENCIES

Call the office if you experience: (401-218-6005)

- Incision opens
- Increased redness at surgical site
- Foul drainage from surgical site (pus or blood tinged)
- Pain uncontrolled by pain medicine
- Painful swelling despite elevation and icing
- Fever > 101° F for 24 hours or shaking chills
- Difficulty breathing



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FOLLOWUP CARE/QUESTIONS

- You should have a post-operative appointment scheduled approximately 2 weeks after your surgery. If not, please contact the office to schedule an appointment (401-218-6005).

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



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When calling our office for a Prescription Refill

Our office requires a 72-hour business day window for all prescription requests in order to review and plan all inquiries in the order that they were received.

Your request requires one clear and detailed message on extension 314 with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you.

Due to the Doctor and Physician Assistant operating room and clinic schedule, our office is unable to write prescriptions on an emergency basis. So please monitor your medication responsibly.

If you have not received a call or voicemail, your request has not been processed.

Please note

If you are currently being followed by a doctor for pain medication, please have an open line of communication with their office, as we are not built for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will then be referred back to the existing prescriber and or a pain management facility.

Thank you in advance for your patience and cooperation.

401-789-1422 x314