

POSTOPERATIVE INSTRUCTIONS SHOULDER ARTHROSCOPY WITH LABRAL REPAIR

❖ SLING/MOVEMENT

- For the first 3 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 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

❖ MEDICATIONS

- 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. Therefore, begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.

❖ DRESSING/BANDAGES

- Your shoulder dressing is waterproof. You may shower the next day after surgery. Two days after surgery you may remove the entire dressing. Gently wash the wounds with soap and warm water and towel dry. You may then cover the incisions with band-aids until your post op visit.
- Do not take a bath or submerge your shoulder in water until your incisions are checked at your first post-op visit.

❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed. At this visit you will also be given a prescription for physical therapy to begin 3 weeks after your surgery.

If you have any questions or concerns, please contact us at (310)860-3048 or via email at surgery@snibbeorthopedics.com.