



Post-Operative Instructions for Shoulder Labral Repair / Stabilization

Dressing/wound care:

- Remove your surgical dressing 3 days after surgery.
- You may shower 3 days after surgery using gentle soap and water. Gently pat the incision dry after the shower. You may apply a fresh gauze dressing to the incision after the shower, or leave open to air if the wound is not draining.
- Please do not use bacitracin or other ointments/creams on the incision site or under the bandage.
- Do not submerge the incision under water. No baths, no hot tubs, no pools and no swimming until the wounds are fully healed and you have received clearance by the American Hip Institute.
- Most patients tend to find it more comfortable sleeping in a recliner. You may also sleep propped up in bed with pillows supporting your arm and shoulder.
- You may use ice packs provided by AHI continuously and change ice packs every 3 hrs while awake for the first 3-5 days. If you have not been provided ice packs by AHI, you may use your own ice packs 20 minutes on and 20 minutes off multiple times daily.

Activity:

- Use the arm immobilizer/sling at all times including sleep. This may be removed only for showering and during pendulum exercises.
 - ✓ **Pendulum exercises:** Please perform 3 times per day, 30 repetitions at a time to avoid stiffness of your shoulder.
 - ✓ **Instructions:** Remove brace, allow your arm dangle to the floor, lean forward, and move the extremity in a circular motion clockwise 15 repetitions followed by counterclockwise 15 repetitions.
- Do not start PT until advised by your doctor.

Medications:

- Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol or icing alone.
 - For all other medications that has been prescribed by AHI, take the entire prescription as written.
1. If you develop a fever ($>101^{\circ}\text{F}$) associated with other symptoms or if fever occurs 2 or more days after the surgery, please call our office to arrange for an evaluation.
 2. If you develop redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
 3. Please call the office to schedule a follow up appointment 14 days following surgery if you do not already have an appointment scheduled.

If you have any questions please feel free to reference the AHI booklet, message us through the AHI Patient Portal or call our office at 833-USA-HIPS (833-872-4477).