

Shoulder Arthroscopy Post-Operative Care Rotator Cuff Repair and Labral Repair

Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bandages and dressings (**not the white steri-strips**) after:
 - 2 days for Drs. Rockett, Shah, Healy and Osuch
 - 3 days for Dr. Christiano
- Leave the white steri-strips on the skin until they fall off on their own.
 - You may place band-aids over the small wounds.
- You may notice some drainage around the wound, this is normal.
 - If this persists more than five days, please call the office as a precaution. This can still be normal.
- If you have visible stitches on the skin, **do not get the wounds wet until you follow-up with your doctor.**
- If you have steri-strips on the skin, you may shower on the 2nd or 3rd day and let the water run over the wound, do not scrub the wound, just blot it dry.
 - No baths, pools, or hot tubs until told.
- You may remove the brace to shower (unless otherwise instructed) keeping your arm at your body's side, then put the brace back on once showered.
- Some swelling or bruising around the arm, elbow or hand is expected and can last up to several weeks.
- Use ice over your shoulder for the first 24-36 hours after surgery. You may place ice over the bandage for as long as you feel comfortable (recommend at least 20 min./hour). **Do not place ice or ice pack in direct contact with skin.**
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

Ambulation and Movement

- Immediately after surgery you will be placed in a shoulder immobilizer. You must wear this brace at all times unless specifically instructed otherwise.
- This brace must be worn full time for the first four weeks after surgery, especially while you sleep.

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- You may remove the brace when you are in physical therapy and while you do your elbow exercises with your arm at your side.
- You may place your thumb in the thumb strap attached to the brace for comfort.
- Take your arm out of the sling and gently bend and straighten your elbow 20-30 times twice a day. **Do this with your arm at your body's side and do not move it away from your body.**

Medication Take as prescribed

- Avoid taking any anti-inflammatories including Ibuprofen (Motrin and Advil) or Aleve (Naproxen) until cleared by your surgeon.
- You may take Tylenol as needed for pain- use as directed, do not take greater than 4 grams of Tylenol per day.
- You will have received a prescription for pain medication. Do not operate machinery or drive while taking this medication. Pain medication may cause nausea or vomiting.
- You may have been prescribed a medication for nausea.
 - Take this as directed for any nausea associated with the pain medication.
- Any severe itching, hives or difficulty breathing, please call immediately.

Physical Therapy

- On your first visit after surgery you will be given a prescription for physical therapy.
- **This will be one of the important steps leading to your recovery.**

Return Visit

- If you do not already have a scheduled post-operative visit please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after day of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.