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Post-Operative Instructions: SHOULDER ARTHROSCOPY, LABRAL REPAIR

Activity

- Rest the day of surgery
- Wear your sling at all times, including sleeping, until directed to remove it. You may be more comfortable sleeping in a seated position with a pillow under forearm the first night or two following surgery
- Apply the cryocuff or an ice pack to the shoulder as often as possible for the first 3-4 days to reduce pain and swelling
- Remove your arm from the sling 3-4 times a day and let your arm hang at your side (like a pendulum or elephant trunk). Gently move your arm in small, slow circles (clockwise and counterclockwise) for approximately 5-10 minutes (see exercises below)
- Avoid forceful cross body (cross chest) positioning of your arm
- Avoid elevating your arm to the side and rotating it away from your body.
- You may gently bend your elbow during the day to avoid it getting too stiff
- Return to (sedentary) work or school a week after surgery if pain is tolerable. Returning to heavy labor or excessive lifting or reaching work will be determined by the physician
- Do not drive during the initial 3-4 weeks, as you will be wearing a sling.

Pain Medicine

- It is common to have post-surgical pain for the two weeks after your operation.
- Your pain medication prescribed for you (Percocet) should be started immediately after your surgery. You may take one or two tablets every four hours as needed for pain
- It is strongly recommended that you take your pain medication regularly for the first two to three days after surgery (even if your pain is mild) in order to avoid rebound pain. Then wean yourself to an "as needed" dosing regimen.
- Constipation is a common side effect from narcotic pain medication. Over the counter Miralax (Polyethylene Glycol) can alleviate this symptom
- If you have any side effects from a medication, discontinue its use and call our office

Physical Therapy

- Formal Physical Therapy will begin 1 to 2 weeks following surgery
- The exact timing of therapy will be determined by Dr. McCormack

Dressing

- You can remove the dressing and shower starting 48 to 72 hours after surgery
- Small amounts of bloody drainage, numbness at incision site, swelling and bruising of upper arm area are normal findings following surgery
- If you shower, do not scrub the incision. Dab the incision dry and cover the incision with a gauze dressing and paper tape

Follow Up

- Follow up the day after surgery to review the surgical findings and discuss the postoperative plan
- Call the office immediately if you develop a fever (101.5), chills, or excess incision drainage
- If you have any questions or concerns please feel free to call the office.

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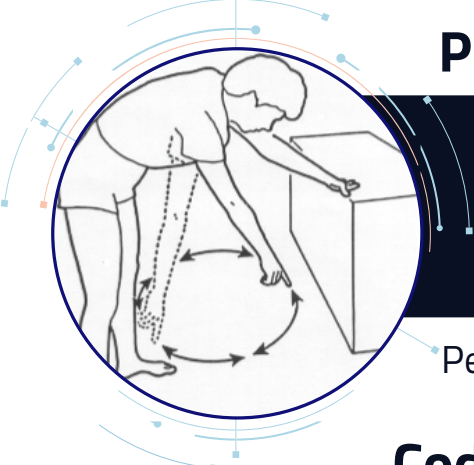
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Phase I Shoulder Exercises

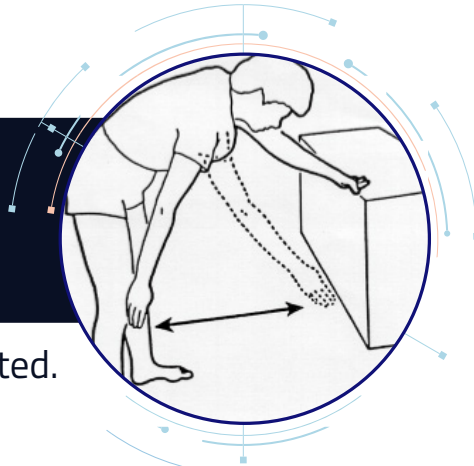
Pendulums:



Come out of your sling. Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

Perform for 30-60 seconds 3-5 times a day as tolerated.

Codman's Exercise:



Come out of your sling. Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a forward and backward motion.

Perform for 30-60 seconds 3-5 times a day as tolerated.

Elbow Curls:

Come out of your sling. Without any extra weight, use your good hand to help bring your other hand towards your shoulder by bending your elbow. Then slowly lower your arm back to a straight position. Then repeat. **Do 3 sets of 10 bends three to four times a day.**

Wrist Curls:

While in and out of your sling, make a light fist and move your operative wrist in an up and down movement slowly like you are knocking on a door. **Do 3 sets of 10 bends three to four times a day.**

Ball Squeezes:

While in and out of your sling, squeeze the foam ball to exercise the hand, fingers, and wrist muscles. **Do 3 sets of 10 squeezes three to four times a day.**