

# Arthroscopic Shoulder Labral Repair

## Overview

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

## Questions

If you have any concerns or questions after your surgery, during business hours call **763-302-2231**. You may need to leave a message.

**After hours 763-520-7870**

## Address

### Maple Grove

9630 Grove Circle N., Suite 200

Maple Grove, MN 55369

### Minnetonka

15450 Highway 7, Suite 100

Minnetonka, MN 55345

### Robbinsdale

3366 Oakdale Ave. N Suite 103

Robbinsdale, MN 55422



## POST OPERATIVE INSTRUCTIONS

### DIET

- Begin with clear liquids and light foods (jello, soup, etc.).
- Progress to your normal diet as tolerated.

### WOUND CARE

- Leave operative dressing in place for 2-3 days.
- Remove surgical dressings 2-3 days after your surgery. If minimal drainage is present, apply band-aids over incisions and change daily.
- Swelling and bleeding after surgery is normal. If surgical dressing becomes saturated with blood, reinforce with additional dressing and tape. Apply ice to the area.
- Keep your incisions clean and dry until you're seen back in clinic.
- You may shower as needed after surgery, but cover incisions with plastic bag to keep them dry. No immersion in water, i.e. bath.



## More information

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### Blood clot (DVT) prophylaxis

- Deep vein thrombosis (DVT) is a serious condition because blood clots in your veins can break loose, travel through your bloodstream and lodge in your lungs, blocking blood flow (pulmonary embolism or PE).
- Symptoms: Swelling in the affected leg. Rarely, there may be swelling in both legs. Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.
- Risk factors: smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting and surgery
- To reduce this risk we recommend taking 325 mg Aspirin daily, if 18 yrs or older.
- Self care measures include: stop smoking, avoid sitting for long periods, and WALK.
- Deep vein thrombosis may sometimes occur without any noticeable symptoms.

## MEDICATIONS

- Local pain medications were used at the time of surgery. This will wear off in 8-12 hours. If a local “block” medication was given, this could last longer.
- Most patients will require narcotic pain medications for short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office (763-520-7870).
- Do not operate or drive machinery while taking narcotic meds.
- Ibuprofen can be taken between narcotic medication doses to help alleviate pain.

## ACTIVITY

- Shoulder immobilizer will be used after surgery.
- The operative arm will be non-weightbearing for the first week or more after surgery.
- Do not engage in activities that increase pain/swelling in your shoulder such as overhead activities, reaching to the side, lifting, pushing, pulling.
- No external rotation past 90 degrees.
- You may be instructed to start simple shoulder exercises the 1st or 2nd day after your surgery. Do so ONLY if instructed by the surgeon after your surgery. (Home exercise sheet will be given at discharge).
- No driving until instructed by surgeon.
- Return to work status will be discussed at your post operative appointment.

## BRACE

- Shoulder immobilizer is typically used after surgery to keep the shoulder in a good position for healing.

## ICE THERAPY

- Begin immediately after surgery.
- Ice machines can be used continuously, or ice packs every 2 hours for 20 minutes daily until post-op appointment (See page 4)

### More information

- You will receive a sheet of discharge instructions at the time of surgery. This will include specific information about your activity restrictions and care at home.
- Expect a small amount of drainage from your incisions up to 5-7 days after surgery.
- Patients often sleep better in a recliner or propped up in a semi-sitting position with pillows for the first 1-2 weeks.
- Shoulder immobilizer is to be worn after surgery until you are seen back in the clinic.

### What to expect after surgery

- Swelling and bruising are very typical after surgery. This should decrease over the first week or two. Ice your shoulder 20 mins every 2 hours to reduce swelling.
- Pain medications will be needed for 1-4 weeks after surgery. Switch to ibuprofen or acetaminophen (if not contraindicated) as soon as possible.
- Physical therapy will be started after your surgery. The time at which we begin therapy will depend on the degree of your injury and surgery.
- Patients may return to work within a month of surgery, unless your job is physically demanding, in which case patients may be kept out of work for at least 4-6 months. Light duty restrictions are common during the initial phase of recovery.

### First post op visit (7-10 days)

Your first post-op appointment is about 7-10 days from surgery. You will see the PA to review your surgery and have the sutures removed. Please bring your operative pictures with you to this appointment to enhance your understanding of your surgery. We will order physical therapy, if appropriate, and refill medications as needed. You will be able to shower and get your incisions wet at this point.

\*\*Subsequent appointments will be every 4 weeks.

### Physical Therapy

- No external rotation past neutral will be allowed until allowed by Dr. Arthur.
- Generally, PT will start 3-4 weeks after surgery. The first 2 months of therapy is dedicated to stretching the shoulder back to normal. This is done with both passive and active assisted range of motion (ROM) exercises.
- After full ROM is achieved, strengthening exercises will be initiated. Full strength is gained around 4 months after surgery.
- Home exercise program will be started at the beginning of therapy and will be done by the patient for up to 6 months after surgery to maintain strength and function.

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# ICE MACHINES

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GAME READY



CRYOCUFF



POLAR ICE

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device

## BENEFITS

- Portable ice machines
- Reduces pain and swelling
- Gives constant cold therapy

## PRICE

- Call for prices

## CONTACT

Jeff Olmscheid

Ottobock Medical

Phone: 612-839-1472



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# Narcotic Disposal

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## WHY YOU SHOULD DISPOSE OF YOUR MEDICATIONS

- CHILDREN ACCIDENTALLY INGESTING HARMFUL MEDICATIONS
- USE OF MEDICATIONS FOR OTHER REASONS INSTEAD OF THEIR INTENDED PURPOSE
- USE OF EXPIRED MEDICATIONS WHICH CAN CAUSE ILLNESS OR OTHER HARM

\*\*33% OF AMERICANS REPORT THEY HAVE NOT CLEANED OUT THEIR MEDICINE CABINETS IN MORE THAN A YEAR.

## FLUSH?

Proper disposal is important. Medicines flushed down the toilet contaminate water, harm wildlife and pollute drinking water. According to the Minnesota Pollution Control Agency, U.S. Food and Drug Administration and Drug Enforcement Administration, flushing medications down the toilet is not the best way to get rid of unused medications.

## HOW YOU SHOULD DISPOSE

1. Bring your medications to a local drug take-back location. (see list below)
2. The DEA has two National Drug Take Back Days every year across the U.S.
  - a. Go to the DEA, Diversion Control Division website for more information  
[https://www.deaddiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deaddiversion.usdoj.gov/drug_disposal/takeback/)
3. Some drug take-back programs offer mail-back programs
4. You should only flush medications if it's indicated by the medication instructions
5. If you are unable to bring your medications to a drug take-back location, you can throw away medications by:
  - a. Mixing them with sawdust, kitty litter or coffee grounds.
  - b. Sealing the contents in a plastic bag.

# LOCATIONS TO DISPOSE

## **Brooklyn Center**

*Hennepin County District Court Brookdale*  
6125 Shingle Creek Pkwy, Brooklyn Center, MN  
Hours: Mon-Thurs 9 a.m. - 9 p.m.  
Fri & Sat 9 a.m. - 5 p.m.  
Sun Noon - 5 p.m.

## **Brooklyn Park**

*Hennepin County Sheriff's Patrol Headquarters*  
9401 83rd Ave. N., Brooklyn Park, MN  
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

## **Edina**

*Hennepin County Library - Southdale*  
7001 York Ave. S., Edina, MN  
Hours: Mon-Thurs 9 a.m. - 9 p.m.  
Fri & Sat 9 a.m. - 5 p.m.  
Sun Noon - 5 p.m.

## **Golden Valley**

*Golden Valley Police Department*  
7800 Golden Valley Rd, Golden Valley, MN  
Hours: 24 hrs a day, 7 days a week

## **Maple Grove**

*Maple Grove Police Department*  
12800 Arbor Lakes Parkway N, Maple Grove, MN  
Hours: 24 hrs a day, 7 days a week

## **Minneapolis**

*Hennepin County Public Safety Facility*  
401 4th Ave. S., Minneapolis, MN  
Hours: 24 hrs a day, 7 days a week

## **Minneapolis Police Department**

*1st precinct*  
19 N 4th St., Minneapolis, MN  
Hours: 24 hrs a day, 7 days a week

## **Minneapolis Police Department**

*4th precinct*  
1925 Plymouth Ave. N., Minneapolis, MN  
Hours: 24 hrs a day, 7 days a week

## **Minnetonka**

*Hennepin County District Court Ridgedale*  
12601 Ridgedale Drive, Minnetonka, MN  
Hours: Mon-Thurs 9 a.m. - 9 p.m.  
Fri & Sat 9 a.m. - 5 p.m.

## **Osseo**

*Osseo Police Department*  
415 Central Ave., Osseo, MN  
Hours: Mon-Thurs 7:30 a.m. - 5 p.m.  
Fri 7:30 a.m. - 11:30 a.m.

## **Spring Park**

*Hennepin County Sheriff's Water Patrol*  
4141 Shoreline Drive, Spring Park, MN  
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

For more information  
Visit [hennepin.us/medicine](http://hennepin.us/medicine)  
or call 612-348-3777.