



## Arthroscopic Labral Repair Post-Operative Orders

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You received a block and mild sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. A responsible adult must be with you for the first 24 hours following surgery for safety.

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room
- **Diet** - Start with a light meal, such as soup, and advance as tolerated.

### ACTIVITY:

- You will use your sling for 4 weeks after surgery. You will wear it at all times except when showering, getting dressed, and doing your exercises.
- No external rotation past midline for 6 weeks after surgery.
- Start your pendulum exercises the day after surgery and do them 3 times per day for 10-15 minutes each time. You will need to remove your sling to do these exercises. Please make sure your back is level to the floor.
- Remove your sling several times per day to work on range-of-motion with your elbow, wrist and hand. You may use your operative arm to write, type, brush your teeth, and eat, keeping your elbow in at your side at all times.
- You may ice your surgical shoulder at any time to help with pain control and swelling
- You will sleep with your sling on. Patients frequently find it more comfortable to sleep in a recliner or propped up on pillows for 7-10 days after surgery.

### WOUND CARE:

- Leave the dressings on your shoulder for 2 days after your surgery. On the second day you may remove the tape and gauze over your wounds. Leave the Steri-strips in place that are directly on the wounds. You may now shower over the wounds without rubbing them. Gently pat dry.

- You may get some bloody drainage on your dressing after surgery. This is very normal and nothing to be concerned about. Reinforce the dressing if this happens.
- Once you have removed your post-operative dressing, you do not have to apply another dressing as the Steri-strips will suffice.

## **MEDICATION:**

- Resume all of your home medicines
- Norco- take 1-2 tablets every 4-6 hours as needed. This is a short-acting narcotic to be used if you have breakthrough pain. Please do not take Tylenol while you are taking this medication as it has Tylenol in it.
- Naproxen- take 1 tablet twice a day with food. This is an anti-inflammatory that helps diminish the swelling associated with surgery.
- Senokot S- take 2 tablets daily as needed. This medication is a stool softener that helps prevent constipation that may be associated with taking the narcotic pain medications.
- Compazine- take 1 tablet every 8 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- Aspirin- take 1 tablet daily for 10 days. This helps prevent blood clots and is a mild pain reliever.
- These pain medications may be taken in any combination according to how much pain you are having.

## **DRIVING:**

- You may start driving as soon as you are off narcotic medications during the day.
- Please call your insurance company to make sure you are covered during this perioperative period.
- To drive, place your operative hand at 6 o'clock and your other hand close to 12 o'clock.

## **PHYSICAL THERAPY:**

- Make sure you have a follow-up appointment with your physical therapist as soon as possible after surgery.
- If you do not have an appointment, please call 763-520-7870 to set one up. Please tell the scheduler that you will bring a referral to your first therapy appointment. This referral is attached to this paperwork.

## **FOLLOW-UP APPOINTMENT:**

- Make sure that you have an appointment with Dr. Conner for 10- 14 days after your surgery. Call 763-520-7870 if you need to schedule an appointment
- Make sure you have a follow-up appointment with Dr. Conner in 6-8 weeks. Call if you need to schedule an appointment.

**Please call if you experience any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

\*\*\* Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.\*\*\*