

## **Labral Repair Post-Operative Instructions:**

**What Operation did I have?** You had an arthroscopic labral repair. This means that the torn labrum was reattached to the socket inside the shoulder joint. This operation is done with several small incision using a camera and instruments to work inside your shoulder.

**What should I expect the day of surgery?** A nerve block was administered before your surgery. This will cause your arm to be numb. That usually lasts until the night of surgery or the next day. When the block wears off, the shoulder is often very painful. I recommend that you begin taking your pain medication before the block wears off so that you do not “fall behind the pain”. You should also take your pain medication before going to sleep. These are “as needed” instructions. When you get home after surgery you should try to find a comfortable place to sit still and rest. A recliner chair is preferable. Many patients will sleep in a recliner for weeks after surgery because the find it is more comfortable than laying down flat. Use pillows under the elbow for support and comfort.

**Should I ice my shoulder?** Icing the shoulder for the first two days after surgery will help decrease pain and swelling. 20/40min. on/off. We recommend that you ice as much as possible!

**What can I do with my arm and hand?** You may move your hand, wrist and elbow as much as you like with the sling on. You can use your hand for activity but should not lift anything heavier than a coffee cup. You should not move your shoulder except under the direction of a physical therapist. If you had bicep repair work done, no active flexion of the elbow until you are seen in clinic or directed by a PT.

**What medications should I be taking?** Usually we prescribe Percocet or Vicodin. You should plan to take this regularly for the first two days and then “as needed” for pain following.

**Can I remove the sling?** You may remove the sling for showering and dressing but you should put it back on after. When you take your sling off to shower, you should keep the shoulder still by resting your arm across your stomach.

**Can I remove the bandages?** No, your arthroscopic incisions are covered with gauze and a clear waterproof bandage called “Op-site”. This should remain untouched until you follow-up in clinic. Your body has the ability to heal itself without the need of antibiotic creams, etc. You can shower normally because of the bandage. You can remove it if you believe it is infected or the gauze becomes extremely soiled due to wound discharge. Remove and assess the situation.

**When should I have a return appointment?** You should return to see Dr. Carofino or his Nurse Practitioner (Jen Rascoe) in 12-14 days. Please call Tammy English to schedule this appointment. 757-321-3397.

**Can I drive?** It is your responsibility to determine if you can safely drive. Most patients do not drive during the first two weeks. You cannot drive while you are taking narcotics.

**When will physical therapy begin?** Physical therapy after your surgery will begin within the first two weeks.

**If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should: Notify our office immediately 757-321-3300 and go the emergency department. \*\*\***