



## **Arthroscopic and Open Rotator Cuff Repair and Glenohumeral Reconstruction/Labral Repair/Shoulder Instability Repair**

### **Post-Operative Patient Instructions**

#### **About Your Operation**

Your operation was completed through an arthroscope. We examined your shoulder using a small telescope. We then repaired the torn tissue using bone screws and sutures. Depending upon the size of the tear, your repair was done through the arthroscope or via a larger incision.

#### **About Managing Your Pain**

The injection you received before surgery will last anywhere from four to twelve hours. Because your arm is numb, you will not feel pain in your shoulder, nor will you be able to feel your arm and hand. This is normal. The feeling in your hand returns as the injection wears off. At this point, your shoulder also begins to ache. Take the prescribed pain medication as soon as you feel discomfort. Do not wait until the pain is severe.

Use an ice pack as much as possible to help reduce inflammation and pain.

#### **About Your Bandage**

We have placed a soft bandage on your shoulder. Be sure to keep it dry. The surgeon will remove the bandage at your first post-operative visit unless otherwise instructed.

#### **About Resuming Normal Activity**

Please wear your sling at all times, other than while bathing or dressing. You may remove the sling temporarily to straighten and bend your elbow, should it start to ache. Do not, however, remove the sling by lifting your surgically repaired arm. You may use your other arm to unbuckle and remove it.

Do not drive before your first post-operative visit or while you are taking prescription pain medication. Then, use only the opposite arm to start the car, operate the gears and turn the steering wheel. If we performed surgery on your left shoulder, you may find it especially difficult to put on your seat belt and to close the car door.

#### **About the Ice Pack**

Wear the ice pack for one hour four times a day on the first three days following surgery.

#### **About Caring for Your Incision**

You may feel sore and develop bruising at the site of your incision over the next several days. However, this will generally go away on its own and requires no special care. You may cover your incision with Band-Aids after your post-op visit, unless your surgeon advises otherwise.



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## About Bathing

It is safe to bathe 24 hours after surgery. You may wash with regular soap and water, but be sure to keep the bandage and incision site completely dry.

## About Warning Signs

Should you experience a fever, severe pain or redness in your shoulder, please contact our office immediately.

## About Your Follow-Up

Call us at (513) 985-3700 to make an appointment for three to four days after your surgery. We will schedule your physical therapy appointment following your post-op visit.