



Post-Operative Instructions:

Shoulder Instability / Labral Repair

Diet:

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

Wound Care:

- Maintain your operative dressing, loosen bandages if swelling of the elbow, wrist, or hands occurs.
- It is normal for your shoulder to bleed and swell from your surgery- if blood soaks through your bandage, do not become alarmed – reinforce with additional dressing.
- Remove your surgical dressing on the 2nd post-operative day- if minimal drainage is present, apply band-aids or clean dressing over the incisions and change daily
- To avoid infection, keep your incision clean and dry – you may shower by placing large waterproof Band Aids OR a large garbage bag over your sling, starting the day after surgery – NO immersion of the operative arm in water (i.e. bath)

Medications:

- Pain medications were injected into your wound and shoulder during the surgery – this will wean off in 8-12 hours.
- Most patients will require some narcotic pain medications for a short period of time – these should be taken as directed on the bottle.
- Primary Medications:
 - Oxycotin ER: this is the long-lasting pain medicine: take 1 every 12 hours for pain.
 - Percocet: Short acting pain medication. This should be taken to supplement pain. Take 1-2 pills every 4-6 hours as needed.
 - Plan to use these medications for as short of time as possible. Average use is for 2-5 days.
 - Do not take additional Tylenol for pain when taking Percocet.
- Common side effects of pain medications include nausea, drowsiness, constipation – to decrease these side effects, take with food – if constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – Zofran. If still having issues please call our office for a possible medication change.
- Do not drive a car or operate machinery while taking narcotic medication.
- Ibuprofen 600 mg may be taken in between narcotic pain medication to help smooth out the post-operative “peaks and valley”, reduce overall amount of pain medications required, and increase the time interval between narcotic medication usage.

Activity:

- When sleeping or resting, inclined positions (recliner chair), with pillows behind the shoulder or under the forearm for support may provide better comfort.
- Do not engage in activities which increase pain and swelling over the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your arm supported) or long distance traveling for 2 weeks.
- No driving until instructed by Dr. Keller.
- May return to sedentary work ONLY or school in 3-4 days after surgery, if pain is tolerable.

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Shoulder Immobilizer

- Your shoulder immobilizer should be worn at all times (day and night – except for exercises) until otherwise informed by the physician after first post-operative visit.

Ice Therapy:

- Begin immediately after surgery
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

Exercise:

- No shoulder exercises until after your first post-op appointment.
- Begin your elbow, wrist, and hand exercises 24 hours after your surgery.
- Formal physical therapy (PT) will begin after your first post-operative appointment.

Emergencies:

- Contact Dr. Keller if any are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (>101) or chills. It is normal to have a low-grade fever after surgery.
 - Redness around the incision
 - Color change in the wrist or hand
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Difficulty Breathing
 - Excessive nausea.

***If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.

Follow-up Care/Questions:

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at RKeller@DL-Ortho.com.
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.