

# LABRAL REPAIR

## Shoulder Arthroscopy

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Tulsa Bone and Joint  
918-392-1400

Union Pines Surgery Center  
918-742-2502

### **Follow-Up Care**

Call the doctor's office today to confirm or make an appointment in about 10 days. Your sutures will be removed at your first post-operative visit.

### **Activity**

Rest today.

Ice the shoulder for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

You may discontinue sling the day after surgery while in seated position only.

Sling must be on when up walking.

Use sling while in bed.

Remove sling to shower and dress.

Do not Externally Rotate shoulder. (NO "Throwing action").

Palm must always be pointed towards belly.

Ok to move elbow and wrist.

### **Care of Incision and Dressing**

It is normal to have some bleeding for 48-72 hours. Reinforce dressing if necessary.

Remove dressing and shower in 48-72 hours. Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

### **Medications**

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Oxycodone medication for pain,

Morphine pills are for breakthrough pain only (first 48 hours only) and

Phenergan for nausea.

### **Driving**

If left shoulder, you may drive on the third post operative day.

If right shoulder, do not drive until after follow-up visit.

Do not drive if you are taking narcotic pain medication.

**Call Dr Jabbour's Office If:**

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go to the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit