

Central Texas

Sports Medicine & Orthopaedics, P.A.

Post Operative Instructions – Shoulder Arthroscopic Repair (Rotator Cuff – Labral – Bankart)

Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce pain and swelling
- The day of surgery – Ice bags should be applied to shoulder every 3 hours for 20 minutes
- The first week after surgery – use ice bags 3 times a day for 20 minutes. Then as needed
- Do NOT place ice bags directly on your skin

Arm Sling:

- You will be placed in an arm sling for 4 weeks after surgery. The sling should be worn at all times, even when sleeping.
- You may remove the sling when sitting down to eat, type, or write

Wound Care:

- You will leave the hospital with a large gauze dressing on your shoulder
- You may remove the dressing 24 HOURS after surgery and apply occlusive type band-aids to the incisions. Change the wet band-aids immediately after your shower
- Keep incision clean, dry, and covered.

Activities:

- You can NOT drive for 24 hours after surgery or while taking the pain medication

Pain Medication:

- **Lortab (hydrocodone)** You may take one tablet every 6 hours **as needed** for pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication)—**start the day after surgery and take one with breakfast, lunch, and dinner for 5 days.** While taking the Toradol, DO NOT take Advil or Aleve.
- After the 5 days of Toradol (Ketorolac) take Advil (Ibuprofen) as needed for inflammation and pain.
- **Phenergan tablets** (Nausea medication)—if you have a problem with nausea and vomiting, please take one tablet every 6 hours **AS NEEDED**
- We recommend taking these medications with food.

Warning Signs:

- Call the office if you experience any of the following:
 - Persistent or increased pain
 - Significant swelling in your shoulder
 - Fever greater than 101 degrees

Follow-up Appointment

- Call the office if you have not scheduled your **one week** follow-up appointment
- If you have any questions or concerns, call **(979) 776-0169**