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Post Operative Instructions:
Bankart or SLAP Repair

1. **Diet:** Begin with liquids, then resume regular diet as you can tolerate.
2. **Activity:** You have had a labral repair which must be protected to allow healing to occur. Wear your sling at all times except in the shower for the first 4 to 6 weeks. If you have the extra strap that keeps your arm close to your body, use it. This is to protect the repair in the front of the shoulder from getting stretched out while it is healing. Sleeping with your upper body slightly propped up may be more comfortable for you. You may shower on the third day. Just let your arm dangle at your side in the shower. For your own safety please do not drink alcohol, operate hazardous equipment or make important decisions for 24 hours. Do not attempt to use the shoulder as this will put stress on the repair. Do not rotate your arm away from your body if you have had a Bankart repair; keep your hand close to your belly. Do not lift anything with that arm.
3. **Wound Care:** It is important to keep your wound dry for the first 3 days. You may remove your dressing at that time. Please apply band-aids to the incisions if they are small. If they are larger use small gauze dressings. Remove the dressings before you shower and put clean ones on afterwards. If there are steri-strips on the incision do not remove them. In the shower, just let the water run on the shoulder and pat it dry afterwards. You should not scrub the shoulder. If you notice swelling in your arm you will need to lie down and elevate the arm on several pillows. Please do not take a bath, go in a Jacuzzi or go swimming till after your first follow up visit.
4. **Pain Control:** After shoulder surgery you may notice there is a significant amount of pain and swelling. This is normal and usually diminishes after the first few days. The pain will respond best to rest, ice, elevation and the pain medicine you were given. Apply ice or use a cooling device regularly (20 minutes every 2 hours for as many days as it helps you).

You have been prescribed _____ for pain. Use the medication as prescribed and DO NOT DRIVE, DRINK ALCOHOL OR PERFORM DUTIES THAT REQUIRE CONCENTRATION OR MANUAL DEXTERITY WHILE ON THE MEDICATION. Take the medication with food or milk. After the first 48 hours it may be helpful to take an over-the-counter anti-inflammatory such as ibuprofen for pain control if you do not have any allergies to or difficulties with these Medicines (i.e. stomach ulcers, kidney problems).

5. **Driving:** You will not be able to drive for the first few weeks after your labral repair. Ask your doctor when you may begin driving. Do not drive under the influence of narcotic pain medicine.
6. **Work/School:** You may return to work/school as soon as you are comfortable to do so. You will not be allowed to do any lifting or over head activity for at least 3 months. You must wear your sling for the first 4 to 6 weeks. If you require a note, please ask your surgeon at the time of your visit.
7. **Follow-up Appointment:** You should have a follow-up appointment scheduled 10-14 days after your surgery. If you have not scheduled this appointment please call our office at 781-279-7040 between the hours of 8:30 a.m. and 5:00 p.m.
8. **Physical Therapy:** Begin doing the following exercises the day after surgery. Complete them at least 3

times a day. Start gradually and work your way up to 3 sets of 10 for all the exercises each time you do them. If you have had a Bankart repair, remember to keep your hand close to your abdomen at all times so that the repair does not get stretched out.

Hand- make a tight fist and then straighten your fingers out all the way.

Wrist- Bend your wrist forward and backwards as far as you can in each direction.

Elbow- Bend and straighten your elbow as far as it will go in each direction.

Shoulder - Pendulum Exercises- Bend over and use your good arm to support your body with the back of a chair or a table. Let your operated arm hang down and make circles with your hand. Move your torso to create the movement, not your shoulder.

Use your good arm to elevate the arm that was treated. Elevate it no higher than shoulder height.

9. **Signs & Symptoms:** If you have persistent fever greater than 102°, wound redness or drainage, numbness and/or tingling in the affected extremity, or calf pain, please contact our office to speak with your doctor or the covering physician during the off hours. The 24 hour office number to speak with your doctor is 781-279-7040.

10. **Special Instructions:** _____

MD/RN: _____ Patient: _____

Date: _____ Date: _____