

OrthoNeuro

A Multi-Specialty Center of Excellence

Shoulder Arthroscopy with Labral Repair – Discharge Instructions

Scott P. Stephens, M.D.

www.scottstephensmd.com

Safety and Activity

- Maintain your sling at all times except for bathing, dressing, and exercises.
- Do not play sports or do any lifting until Dr. Stephens approves
- Do not drive until cleared by Dr. Stephens.
- Begin physical therapy as soon as possible IF PRESCRIBED
- Frequently move your fingers and wrist to reduce swelling
- A minimum of 4-6 weeks is necessary after surgery before returning to sports. Full shoulder motion and strength are necessary before returning to sports.
- Return to work depends on the type of employment. Desk work can be done in a few days using the non-operative arm. Physical labor jobs may require anywhere from 6-12 weeks before returning to work. Discuss this with Dr. Stephens.

Pain Management

- You will be prescribed pain medication. Take this as needed.
- Icing the shoulder for 15-20 minutes every 1-2 hours will help reduce swelling and pain. To avoid overcooling, don't sleep with ice on.
 - You should always have a light towel, dressing, or clothing between the ice and your skin. Surgical swelling peaks around 48 hours after surgery but you may continue to use ice if it is helping with pain control.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.
- You currently have a bulky shoulder dressing. Please keep this dressing in place for 24 hours, then remove it. After 48 hours you may shower with waterproof

- bandaids. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Do not scrub or soak your shoulder.
 - Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card. If you need to change this for any reason, call the office at (614) 890-6555 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
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- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact **Kim** at **(614) 839-2150**
 - For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
 - Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

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