

**SEAN ROBINSON, MD**  
**CAPITAL ORTHOPEDICS**

**Shoulder labral repair**  
**Postoperative instructions**

• **Weight bearing**

- You are **NON** weight bearing after surgery
- Keep your sling on at all times until the follow up appointment unless doing exercises listed below
  - In addition to those listed, you may bring your hand to your forehead in a salute motion – keeping the arm in front of your body.

• **Movement**

- It is beneficial to change positions often after shoulder arthroscopy.
- You may use the pillow portion of the sling for comfort if desired
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.

• **Sleep**

- Keep your sling on during sleep
- Many patients are most comfortable sleeping in a reclining chair for the first 1-2 weeks

• **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
  - Place the ice onto the shoulder over a thin layer of clothing or a towel, but never directly on the skin.

• **Wound care, Dressings/Bandages**

- Leave surgical bandage on and do not shower for 48 HOURS
- After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place during showers.
- Its normal to see bloody soaked fluid on the bandages.
- After showers, leave the incisions open to air with steri-strips in place and gently pat dry. You may place BANDAIDS over the incisions
- Do not apply lotions or ointments to the incisions.
- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

**After surgery, call the clinic if you have....**

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.
  - Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**