

Dr. Allen Labral Repair Post-Op Instructions

Dressings

Keep your dressings in place until your first PT visit (usually POD #1-3). Keep the dressings clean and dry, bath, but don't shower until your first dressing change. The Physical Therapist will do your first dressing change. After your first dressing change it is ok to shower and get the wound wet. Do not soak your incision. Let warm soapy water run over your knee, pat dry with a clean towel, and replace with fresh dressings. Make sure to wash your hands before touching the skin around your incision. Dressings can be removed and replaced with clean, fresh gauze, make sure to keep the wound covered until your first follow up. Do not pick at or remove any scabs. It is ok to lotion the skin surrounding the incision, but don't place any lotion or ointment directly on the wound.

Shoulder Immobilizer

You will in a shoulder immobilizer for approximately 4-6 weeks after surgery. This is to protect the surgical repair until it has had a chance to heal. When showering or changing, make sure to let your arm hang freely by your side. Make sure to not reach behind your back, or across your body. Gradually, your motion will be increased, and you will wean out of the sling. Your therapist will help guide you in this process.

Pain Control

Pain control is a very important aspect of your recovery. It is well documented that multimodal pain control is the most effective way to manage post-operative pain. At the end of the procedure, I will inject local anesthetic into the surgical field, additionally the anesthesiologist may give you an upper extremity block. These blocks can last anywhere for a few hours to a couple days. The goal is to have little to no pain in the immediate post-operative period. You will also receive a prescription for narcotic pain medications. This is to be used for break through pain. Combining the narcotic pain medications with Tylenol and

Ibuprofen has been shown to give superior pain relief compared to the narcotic alone. The goal is to use the narcotic pain medications sparingly, and discontinue its use by 2 weeks post-op. If you are running low and will require a refill, please plan in advance, as refills on the weekend are often not logistically possible. Ice and rest for the first several days after your surgery will also help control your pain.

Nausea

Nausea after surgery and anesthesia is not uncommon. You will receive an anti-nausea medication prescription for use at your discretion.

Constipation

Narcotic pain medications can be very constipating. You will receive a stool softening medication. I recommend you take it as long as you are taking the narcotics. Make sure to drink plenty of water as well in the immediate post-operative period.

Physical Therapy

Your first PT visit will be within the first several days after your surgery. Your first dressing change will be at this visit. Therapy is the most important aspect of returning to full function after arthroscopic shoulder surgery. Stiffness is very common, and targeted therapy can help prevent and manage this.

Follow Up

Typically, your first follow up is about 2 weeks after surgery. We will assess your wound and likely remove your sutures at this visit. We will review your surgery and ensure you have all the proper upcoming therapy