

STEPHAN J. SWEET, M.D., M.P.H.
A Professional Corporation
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

POST OPERATIVE INSTRUCTION-ARTHROSCOPIC LABRAL REPAIR/SHOULDER STABILIZATION

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- Apply Band-Aids to the wounds. Change the dressing daily until completely dry. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice or cold therapy device 30-40 minutes 3-4 times per day until swelling is down, then as needed for pain relief.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until cleared by Dr. Sweet.

EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest. The arm will be in a sling for approximately 6 weeks.
- Please perform the exercises on the attached home Exercise Program 2 times daily: **IF INSTRUCTED BY DR. SWEET** (occasionally Dr. Sweet will wait 2-3 weeks prior to beginning range of motion in highly unstable shoulder):
 - Shoulder range of motion
 - Elbow/ Hand/ Wrist Range of Motion Exercises
 - Grip Strengthening
 - Scapular Tightening

POSTOP

- You will be given three prescriptions for pain relief for you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first seven days after surgery
**** IF YOU HAVE HISTORY OF AN ULCER OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - Norco or Percocet, a strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naprosyn
 - Colace, a stool softener if you're experiencing constipation.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow up appointment for your wound check 10-14 days post operatively if it has not already been scheduled. Dr. Sweet will prescribe physical therapy at this time.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE

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