

LABRAL REPAIR / CAPSULAR PLICATION SURGERY

This will be an outpatient surgery; you should go home the same day. Please refer to the St. Luke's binder for instructions on pre-operative preparation. Bring your brace and surgery binder to surgery with you. Please wear a loose fitting top.

Post-Operative Instructions:

- Do not remove the black abduction pillow from the brace! Put a dry towel with baby powder under your armpit to absorb moisture if needed.
- Do not use the muscles in your operative arm to lift your arm or lift any object (no active motion). Do not externally rotate your arm past neutral or lift your arm in front of your body past 90 degrees.
- Keep your dressing clean and dry until your follow-up appointment. You may remove your dressing and shower 3 days after surgery. Use your non-operative hand to wash and let your operative arm hang passively at your side. Do not soak your incisions in a bath or any other body of water.
- Apply ice at 20 minute intervals (keep your incisions dry; put a cloth between the ice and your incisions once the dressing has been removed).
- Take the pain medication regimen as directed. Try to wean off all narcotic medications as soon as tolerable. Stay well hydrated.

*Your post-operative care may vary depending on the operative findings. Shoulder, arm, forearm, hand and finger swelling and bruising are common after shoulder arthroscopy. In addition, the post-operative dressing may become soiled from fluid drainage. You may remove and replace the dressing if drainage occurs.

*Call Dr. Tony at (208)622-3311 (after hours cell phone: (208)721-2663) if you experience a fever over 101 degrees, uncontrollable pain, loss of feeling/movement in your hand or fingers (a block may take up to 24 hours for complete resolution), wound problems, severe vomiting, or difficulty urinating.