

Chris Lena MD, James Alvarez PAC Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine MEA's Karen Smith, Jackie Zuidema, Annmarie Fiore Tel: (860) 549-8249 - FAX: (860) 244-8813 www.oahct.com

BANKART REPAIR/SHOULDER STABILIZATION

Post-Operative Instructions:

- 1. **DRESSINGS:** Your dressing may be removed in 2 days. There are sutures in the incisions, please keep covered. Do not bathe or submerge in water for 7-10 days.
- 2. **ACTIVITY**: You may only move the arm at the elbow, wrist and fingers. Overhead activity and lifting are not permitted. YOU MUST WEAR THE SLING PROVIDED FOR YOU UNTIL YOUR FOLLOW-UP VISIT. DO NOT MOVE YOUR SHOULDER.
- 3. **MEDICATION:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication.** If additional medication is required, please call our office.
- 4. **FOLLOW UP:** Your should call the office, (549-8249), the day after your surgery and make an appointment for follow-up 7-10 days from the date of your procedure. If you have any specific questions or concerns, let our secretary know, and we will get back to you.
- 5. WORK: You may return to work when comfortable. Be sure to follow the above activity instructions.
- 6. **QUESTIONS:** Please refer to frequently asked questions sheet.
- 7. **PAIN PUMP:** You may have a pain pump cartridge, with a small tube going into the shoulder. The cartridge automatically delivers marcaine into the shoulder. At the time of the dressing change, when empty, the tube will be removed. It is gently pulled out of the shoulder (it is in there about 5 inches) and discarded in the regular trash.

PAIN PUMP REMOVAL

- 1. You have a special catheter with small plastic tubing that delivers medications to your surgical site to help with your pain.
- 2. You do not need to do anything with the catheter for 48 hours from your surgery.
- 3. At 48 hours, you will carefully remove your dressing and you will find tape holding the catheter to your skin. Remove the tape, then pull out the tubing (it is about 3-6 inches long). Discard the catheter and the pump.
- 4. Place a band-aid over the small hole where the catheter was located. Leave the other stitches alone.

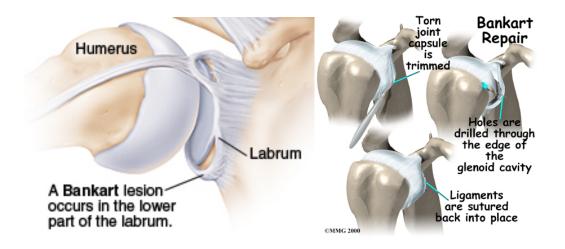
SHOULDER ARTHROSCOPY

POSTOPERATIVE INSTRUCTIONS

You've had arthroscopic surgery today. Your shoulder joint and rotator cuff were evaluated thoroughly.			
I found in your shoulder:			
Bone Spurs	Arthritis	_Bursitis/Tendonitis	Ligament Damage/Instability
Rotator Cuff Tear	Biceps tear	_Cartilage/Labral Damage	
I was able to:			
Shave bone spurs	Clean Arthritis	Remove Bursitis	Repair rotator cuff tear
Repair ligament dama	ge	_Repair/Shave cartilage damage	
Until I see you, you shoul	d:		
Use your arm normall	yNot lift or carry	Move your elbow only	,
Wear your sling	all the time	for comfort only	
Start physical therapy	(a referral has been g	given)	
Perform pendulum exercises			

You should change your dressing in 2 days. Cover the portals with band aids. If you have a **PAIN PUMP**, remove it with your dressing. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. Take Aleve 500 mg twice daily (if not allergic, or no ulcer history). Call if fever greater than 101 °, or if infection is noted. Call 549-8249 for office visit **7-10** days after surgery. If you want to return to work before your next visit, call the office.



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