



ORTHOPEDIC  
ASSOCIATES  
of HARTFORD

## Bankart Repair/Shoulder Stabilization

1. **DRESSINGS:** Your dressing may be removed in 2 days. There are sutures in the incisions, please keep covered. Do not take a bath or submerge in water for 7-10 days. Showering is permitted with waterproof Band-Aids over the incisions.
2. **ACTIVITY:** You may only move the arm actively at the elbow, wrist and fingers. Overhead activity and lifting are not permitted. **YOU MUST WEAR THE SLING PROVIDED FOR YOU AT ALL TIMES EXCEPT FOR HYGIENE, DRESSING AND HOME EXERCISES. DO NOT MOVE YOUR SHOULDER ACTIVELY, PASSIVE MOTION IS ALLOWED I.E. PENDULUMS.** You should also perform shoulder shrugs.
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 during business hours M-F 8:30 a.m.-4:30 p.m.
4. **FOLLOW - UP:** You 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.

### Pendulums

1. Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction.
2. Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your body forward and back allowing your arm to swing forward and backward freely.
3. Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Rock your body side to side allowing your arm to swing freely from side to side.



## 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 damage      \_\_\_ Repair/Shave cartilage damage

---

### Until I see you, you should:

\_\_\_ Use your arm normally      \_\_\_ Not lift or carry      \_\_\_ Move your elbow only  
\_\_\_ Wear your sling      \_\_\_ all the time      \_\_\_ for comfort only  
\_\_\_ Start physical therapy (a referral has been given)  
\_\_\_ Perform pendulum exercises

You should change your dressing in 2 days. Cover the portals with band aids. 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 or Advil as directed (if not allergic, or no ulcer history). Call if fever greater than 101 °, or if infection is noted (see FAQ's). 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.

