Post-Operative Instructions,
Shoulder Arthroscopy: Rotator Cuff Repair,
Labral Repair, ASD

General Care
- Remove bulky dressing on post-operative day (POD) 1
- Do not remove butterfly strips ("steri-strips") from skin

Showering
- You may shower on POD 1
- Replace dressing only as needed with band-aids

Sling Use – “Repair” (Rotator Cuff, Labrum)
- The sling should be on at all times you are in public or when you sleep.
- You may come out of the sling 3x/daily to move elbow, wrist and fingers – do not move shoulder if repair was performed.
- You can remove sling for showering, but then put back on afterwards
- Avoid using the operative hand for ADL (activities of daily living)

Controlling discomfort after surgery
- Cryotherapy or ice
- Pain medication taken every 3 hours as needed
- Use of NSAIDs (advil or aleve) in combination with Narcotic pain meds
- Sleep with pillow under operative arm

Physical Therapy
- Your physician will guide your post-operative therapy dependent on your procedure. This will be discussed at your first post-operative appointment. We will provide a PT Rx at that time if you will be starting PT immediately.

Driving
- Not allowed while on narcotics or if sling is necessary.

Your appointment should be 7-10 days after surgery, and it should have been issued to you at the time you made your appointment for surgery. If at any time there are any signs of infection (increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications) or if you have any questions or concerns, contact us at the office.