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

General Care
- Remove 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” (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 ADLs (activities of daily living)

Sling Use – No Repair (ASD, debridement, distal clavicle resection)
- You may discontinue using sling as soon as you are comfortable.
- You may begin active range of motion (ROM) as soon as you are comfortable.

Controlling discomfort after surgery
- Cryotherapy or ice
- Pain medication taken every 4-6 hours as needed
- Use of NSAIDs (advil or aleve, no Tylenol) 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 – please discuss with your physician post-operatively

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

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be 7-10 days after 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.