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POSTOPERATIVE INSTRUCTIONS - SHOULDER ARTHROSCOPY WITH LATARJET/INSTABILITY REPAIR

SLING/MOVEMENT

For the first 4 weeks after surgery, you must **always wear your sling**. The sling should position your elbow at your side and your hand pointing straight in front of you (this is known as gunslinger position). You may only remove the sling to shower. At 2 weeks post op you can remove the sling at night and sleep with your surgical arm inside of a t-shirt. You are encouraged to move your wrist/hand and perform ball squeezes.

ICE

An ice machine will be provided to you. This can help to decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. arm). To control your pain during this transition while the nerve block is wearing off, you should eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day. You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. Two days after surgery you may remove the large dressing, leave the small white or clear strips on the skin and cover those with waterproof band-aids. It is then okay to shower with the waterproof band-aids. Do not take a bath or submerge your shoulder in water until your incision is checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.