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Shoulder Arthroscopy / Labral Repair

Remove dressing on post-op day #2 and cover the sutures with band-aids. If steri-strips are over the incisions, keep these in place until you are seen in the office.

You may shower on post-op day #2 if the incisions are dry. Do not soap or rub the incisions, keep band-aids over the incisions during the shower and gently pat the area dry after. Let your arm hang at your side with your elbow against your hip during the shower. You can lean forward slightly to wash under your arm gently.

Do not submerge the shoulder under water or go into a pool or the ocean until the sutures are removed.

Do not use bacitracin or other ointments on the sutures or incisions.

Continue to apply ice or use the cold therapy wrap for 20 minutes every 2 to 4 hours.

The shoulder immobilizer will be used for 4 weeks.

You may find it more comfortable to sleep in a recliner or propped up slightly in bed the first couple of nights, but this is not mandatory. When sleeping, the arm should be resting on a pillow under the elbow to push it slightly in front of your body.

Home Exercises

Passive motion of the shoulder may be performed for 5 minutes, 3 times a day. Bend forward slightly and let gravity pull your arm straight. Make **small** swinging motions or circles with the operated arm. This will require removing the arm from the shoulder immobilizer.

The immobilizer may also be removed intermittently to allow active elbow bending and straightening, as well as hand and wrist motion. You may exercise the hand by squeezing a tennis ball.

You may type on a computer if the keyboard is kept slightly to the side opposite your operated shoulder so that the immobilizer can be kept in place and the elbow is close to your body.

A physical therapy prescription will be provided at the pre-operative visit and the first visit should be scheduled for 3 to 5 days after surgery.

If you have any questions, please call the office at any time (818) 348-4110.