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Replacements & Post-Traumatic Reconstruction



Brant Community
HEALTHCARE SYSTEM

POSTOP INSTRUCTIONS:

Shoulder Arthroscopy – Rotator Cuff or Labral Repair

DIET:

Begin with liquids and light foods (jello, soup, etc). Progress to your normal diet if you are not nauseated.

MEDICATION:

1. Pain Medication:

If you received a nerve block, you will likely start to feel pain approximately 12-24 hours after surgery. Take some pain medications as soon as you feel the pain coming or before you go to sleep at night time.

If your pain prescription is for Hydromorphone (Dilaudid), you may take Tylenol (Acetaminophen), in addition, if needed. However, if your pain prescription is for anything else, **DO NOT** take Tylenol (Acetaminophen) in addition, as your narcotic will likely already contain Acetaminophen in it.

Do not drink alcohol while taking pain medication. Wean off pain medication slowly as the pain improves and try to use Tylenol/Advil instead of the narcotics when possible.

2. Stool Softener:

Pain medication can cause constipation. Be sure to drink plenty of water and take an over the counter stool softener as needed.

ICE:

You may apply ice to the operative area. Do **NOT** put ice directly on your skin. Place a thin layer of clothing or pillow case between ice pack and your skin. Ice for 20-30 minutes at a time with at least 30 minutes in between applications.

SLEEP:

Most patients who require to wear a sling find it best to sleep in a recliner or in a reclined position in bed, using a few pillows, for the first 4-6 weeks. Do not sleep on the operative shoulder for 10-12 weeks.

BANDAGES & SHOWERING:

No showering for the first 72 hours. The wound is not to get wet during this time. After 72 hours, you may remove outer bandages, leave steri-strips in place. You may shower but keep the incisions as dry as possible (cover with plastic wrap). It is best to sit down in the shower to avoid slipping. You may remove the sling to get dressed, for hygiene purposes or for showers. However, keep the arm beside your body and **DO NOT** use the arm while showering.

Do not use spray deodorant for 2 weeks.

SWELLING:

Your shoulder will be swollen. It may take a week or longer for this to resolve. It is common to notice bruising around the shoulder, upper arm and into the elbow.

SLING & ACTIVITY:

Keep your sling on at all times, including sleep. Typically, you will be required to use the sling for about 6 weeks.

For 10-12 weeks after surgery, you must avoid:

- Lifting/pushing/pulling more than 1 pound
- Leaning on the elbow of the operative side
- Sudden movements with the operative arm
- Repetitive use of the shoulder

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You can perform the exercises below, starting the day after the operation. Perform 8-10 repetitions for each exercise, 2-3 times per day. You may loosen the sling for these exercises, if needed.

- Squeeze shoulder blades together and hold 1-2 seconds
- Move wrist up and down
- Open and close fist. You may use a ball to squeeze
- Bend and straighten your elbow

PHYSIOTHERAPY:

You may start formal physical therapy at 1-2 weeks after surgery. A physiotherapy rehabilitation protocol should have been given to you after surgery to give to your therapist. If not, you will be given a rehab protocol at your 2-week follow-up appointment.

PROBLEMS:

Please contact our office if you have any questions or concerns. Please call the office or go to the emergency room if you notice:

- Fever above 38C that persists for more than 8 hours despite taking Acetaminophen, Oxycocet, Tramacet, or Tylenol #3;
- Excessive bleeding or drainage from the surgery site;
- Calf pain; or
- Shortness of breath.

FOLLOW-UP:

You will be seen in clinic approximately 2 weeks after surgery. An appointment card with your follow-up date and time should have been given to you. If not, please contact the office.

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