

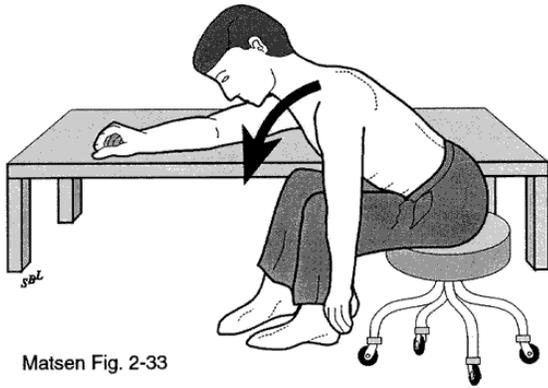


POST-OPERATIVE INSTRUCTIONS

PROCEDURE: ARTHROSCOPIC RTC REPAIR AND/OR LABRAL REPAIR AND/OR BICEPS TENODESIS

- Pain Medication: You will be given a prescription for pain medication for after surgery. It will be **e-prescribed to your preferred pharmacy on file**. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Tramadol, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation. You may additionally take an anti-inflammatory such as Ibuprofen, Motrin or Naproxen with your pain medication if you are able to.
- Activity (as marked):
 - Non-weight bearing
 - Sling at all times except to shower and perform exercises; elbow/wrist/hand motion and shoulder pendulums. Physical therapy to begin after post-op appt.
 - No active shoulder motion; reaching or lifting. Nothing with weight.
 - Sling will be worn for total of 6 weeks.
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- Dressing: Sutures are under the skin. On top will be glue, steri-strips, gauze and tape, outside bandages may be removed 48-72 hours after surgery. Okay to shower 48-72 hours after surgery. May get the incision wet, no submerging the area for 4 weeks. May apply bandaids back over the incision.
- Post-Operative Appointment: Post-operative appointment will be 10-14 days after your procedure.
- Prescription Refill Protocol: Pain prescription refills require an appt. Please call at least 48 hours in advance if you need a refill. Many medications now require an electronic prescription and cannot be called into a pharmacy. Prescriptions will not be filled over the weekend.
- When to call your surgeon: Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - ◆ Persistent fever >101, chills
 - ◆ Increasing pain at the surgical site
 - ◆ Increased swelling/pain in the calf
 - ◆ New onset numbness or tingling
 - ◆ Hives or new rashes
 - ◆ Shortness of breath or chest pain
 - ◆ Persistent nausea/vomiting
 - ◆ Drainage from your incision lasting >5 days
- Other Instructions:

Examples of Exercises:



Matsen Fig. 2-33

