

Post-Operative Patient Information
ARTHROSCOPIC LABRAL REPAIR
Cyrus M. Press, M.D.

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Woodbridge, VA 22191
703.490.1112

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McLean, VA 22101
703-763-5473

PAIN: You will be given prescriptions for pain medicine. Have these filled at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 4 hours for pain if needed. An ice pack should be used regularly after surgery for 20 minutes at a time for the first week. This is very important and will help reduce swelling and pain while limiting the medication you will need.

WOUNDS: You will have a bandage on your shoulder. You may remove the bandage in 2 days. There will be small tapes covering each of your surgical wounds. Do not worry about these bandages and shower normally. These bandages will fall off on their own. The incisions may be sore and develop bruising over the next several days. This will go away and no special care is needed. No bandage is needed over the surgical wounds.

BATHING: It is safe to take a shower or bathe after the bandage has been removed. You may remove your sling and leave your arm by your side. To wash underneath your arm, lean over to allow your arm to fall away from your body. You may wash the incision with regular soap and water.

ACTIVITY: A sling is necessary to support the arm. Try to move your shoulder as little as possible. Do not raise your arm up or reach out. You may bend and straighten your fingers, wrist and elbow as much as you desire. It is safe to write, eat and drive with your operated arm as long as there is no pain. Do not carry anything with your operated arm.

CAUTIONS: If you have a temperature, severe pain, or redness in your shoulder, please contact the office.

NEXT APPT: Call the office and ask for the appointment desk. Make an appointment to see me about 1 week after your surgery.



Nurse Signature

Date

Patient Signature

Date