



ORANGE COUNTY ORTHOPAEDIC GROUP

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Orthopaedic Surgery • Sports Medicine • Arthroscopy

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POST-OPERATIVE INSTRUCTIONS AFTER **SHOULDER STABILIZATION/LABRAL REPAIR**

1. Remove bandages 3 days after surgery
2. Okay to shower after 3 days; do not rub incisions
3. Apply band-aids to incisions after showering
4. Use cold therapy device or ice packs over shoulder 30 minutes at time, 5 times a day
5. Keep arm in shoulder brace at all times. Do not rotate arm internally or externally.
6. Formal physical therapy will begin after your first follow-up visit
7. Make an appointment for follow-up visit 10-14 days from surgery
8. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the shoulder, worsening swelling and pain in the arm, or have any other questions or concerns.
9. See you soon!