



**Benjamin Sears, MD**

**Discharge Instructions Overview**

**Arthroscopic Labral Repairs (Bankart, SLAP, posterior), and Capsular Shift (any arthroscopic shoulder repair)**

- Patient remains in sling for 4 weeks. The only time they can come out of the sling is to stretch elbow and shower.
- Dressings off 5 days post-op. Keep steri strips on.
- Patient may shower immediately post-op with tegaderm dressing.
- **NO NSAIDS** post operative. Tylenol or Tylenol Extra Strength may be taken in place of the prescribed pain medication
- No physical therapy until seen in office
- Follow-up appointment 10-14 days after surgery.

**Arthroscopic or Open Rotator Cuff Repair**

- Patient remains in sling for 4-6 weeks. The only time they can come out of the sling is to stretch and shower.
- Dressings off 5 days post-op. Keep steri strips on.
- Patient may shower immediately post-op with tegaderm dressing.
- **NO NSAIDS** post operative. Tylenol or Tylenol Extra Strength may be taken in place of the prescribed pain medication
- No physical therapy until seen in office
- Follow-up appointment 10-14 days after surgery.

**Arthroscopic Capsular Release**

- ALL patients are to stretch every hour, while awake.
- Not all patients will have a CPM machine. If one is ordered then they should try to use it as much as tolerated. **The CPM machine does not take the place of stretching.**
- Dressings off 5 days post-op. Keep steri strips on.
- Patient may shower immediately post-op with tegaderm dressing.

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- Follow-up appointment 10-14 days after surgery.

### **Arthroscopic Subacromial Decompression and Distal Clavicle Excision**

- Patients need to remain in sling for 72 hours.
- Gentle stretching will be taught to the patient prior to discharge. These should be done 3-5 times daily.
- Dressings off 5 days post-op. Keep steri strips on.
- Patient may shower immediately post-op with tegaderm dressing.
- Follow up appointment 10-14 days after surgery.

### **Total and Reverse Shoulder Arthroplasty**

- Patient only needs to wear the sling as protection.
- Dressings off 5 days post-op. Keep steri strips on.
- Patient may shower immediately post-op with tegaderm dressing.
- Patients are placed on a aspirin (adult, 325 mg daily) for two weeks post-operative.
- **NO NSAIDS** post operative. Tylenol or Tylenol Extra Strength may be taken in place of the prescribed pain medication
- Gentle stretching will be taught to the patient prior to discharge. These should be done 3-5 times daily.
- No heavy lifting (>5lbs), closing doors, or reaching behind back for the first 6 weeks
- Follow-up appointment 10-14 days after surgery.

### **Distal Biceps Repair**

- Patient 2 lbs weight bearing for six weeks.
- Dressings and splint will be removed at first post-op appointment.
- Patient may shower the day after surgery but need to keep the dressings from getting wet. Patients may wrap the arm with a towel and then cover with a trash bag.
- **NO NSAIDS** post operative. Tylenol or Tylenol Extra Strength may be taken in place of the prescribed pain medication.
- Follow-up appointment 10-14 days after surgery.

### **Total Elbow Arthroplasty**

- Patients will be in a splint for 2-10 days after surgery.
- Dressings will be removed at first post-op appointment. The incisions are closed with staples. These will be removed at 14 days after surgery.
- **NO NSAIDS** post operative. Tylenol or Tylenol Extra Strength may be taken in place of the prescribed pain medication.
- No lifting or carrying with the operative arm.

- Follow-up appointment 3-5 days after surgery.

### **Emergencies**

- Have the patient call the main number (303-321-1333) for emergencies, including the following:
  - excessive redness of the incisions
  - drainage for more than 4 days
  - purulent drainage
  - fever of more than 101.5 F
  - uncontrolled pain