

**Arthroscopic Bankart
Repair:
Post-Operative Shoulder
Home Instructions**

Prairie



Shoulder, Elbow & Hand Center

1. Ice should be used 4-5 times/day for 15-20 min. for the first 2 weeks, and then as needed for pain or swelling. If pain catheter in place, avoid placing ice over flow valve, or wait until this has been removed to start ice regimen. A homemade reusable ice pack can be made using: 1 bottle rubbing alcohol and 2 bottles of water in a gallon zip loc freezer bag (double bag in case of leaks). The alcohol prevents the water from freezing solid and the ice pack can be molded around the shoulder. Always keep one layer of fabric between your skin and any ice pack.
2. Follow up in our office in 3-5 days for a dressing change and to have your pain catheter removed. For those who live out of town, you can arrange to have this done at your local doctor's office.
3. Follow up for suture removal and progress check in 10-15 days.
4. A prescription for pain medication will be provided. Please inform us if you have had any intolerance to these types of medications or if you have any allergies to medications. Do not operate machinery, drive, or make any important business or personal decisions while taking these medications. Take with food to help avoid nausea, and take a stool softener to help avoid problems with constipation (e.g. Colace, Senakot, Metamucil, and Milk or Magnesia). If you need refills, call during business hours.
5. Wear the shoulder immobilizer or arm sling for 4-6 weeks. You may take it off to shower, bathe, or sleep. You may stop using this when instructed by your surgeon or physical therapist.
6. You may shower after your dressing has been changed and after drainage from your wounds has stopped. Avoid submersion in water, e.g. bath, hot tub, swimming pool, etc for 1-2 days after sutures have been removed.
7. Please call your surgeon if you develop a fever (101 degrees or above) or have any other problems or questions.
8. You may begin gentle exercises the day after surgery. These should include shoulder blade pinches and shoulder rolls. Perform 3 sets of 10 repetitions 3x/day. All other exercises will be instructed and progressed by your physical therapist.
9. Please note the following restrictions will be in effect for 6 months from the day of surgery:
 - a. No contact or throwing sports (e.g. football, basketball, baseball, skiing, soccer, volleyball, tennis, etc.)
 - b. Avoid "at risk" position (90 degrees abduction and 90 degrees external rotation), and no straight over head lifting for 6 months.