

Post Operative Instructions  
Arthroscopic Bankart Procedure  
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You have just had an arthroscopic bankart procedure of the shoulder. Although your incisions are small and should heal quickly, the structures inside your shoulder may take six to eight weeks to settle down. Following these guidelines should give you the best chance for a quick recovery.

- What Was Done?** Shoulder arthroscopy is a very powerful tool, as it allows surgeons to diagnose and treat a variety of conditions. A number of decisions are made based on the intra-operative arthroscopic findings. Dr. Browdy will discuss the findings and the procedures performed with your family after surgery, and will generally go over these things with you at your first office visit.
- Diet:** Advance to solid food as tolerated.
- Bandages:** Unless told otherwise, you may remove your dressings 48 hours after surgery and place Band-Aids or gauze over the incisions. Change the Band-Aids or gauze daily until there is no drainage. Do not clean your incisions with peroxide, alcohol or ointments.
- Bathing/Shower:** You may get your incisions wet five days after surgery in the shower, but do not submerge the incisions under water (in a pool or bathtub) until you are told it is safe to do so. If you desire to shower sooner than five days after surgery, please buy water proof Band-Aids, and use them to cover the incisions.
- Activity:** If you had a labral repair, you will likely leave the surgery center or hospital with a sling and a small pillow that keeps the arm slightly off your side. The purpose of this pillow is to immobilize your shoulder and to provide comfort. You may move your elbow, hand and wrist as tolerated. Unless told otherwise, do not remove the sling or pillow, except for hygiene, therapy and occasional movement of the elbow and hand.
- Medications:** Many patients elect to have a "block" prior to surgery to help with post-operative pain relief. This block provides significant pain relief in the early post-operative period, but it will wear off 8-12 hours after surgery.

**Medications (cont.):** You will be prescribed a narcotic pain medicine to help with control the pain you might experience after the block wears off. It is very important to "stay ahead" of the pain by taking the medication prior to the block wearing off, and prior to the onset of severe pain. Once you start to regain sensation in the fingers or arm, it is advisable to take your pain medicine - do not wait until you hurt to take your pain medicine.

You may be given two different pain medications. The purpose of this is to give you more than one option. If one medicine causes unpleasant side effects, you may try the other medicine.

Pain medicine can cause nausea, so take the medication with food. You may be given a prescription to deal with nausea. You do not need to fill this prescription, but you should keep it handy in the event you need it.

**Comfort Measures:** A cooling system may have been applied. If not, you may use a large bag of ice. In either case, keeping the shoulder cool will help significantly reduce swelling and pain. If you have an ice machine with a thermostat, do not let the temperature go below 45 degrees, as frostbite can occur.

In most cases, you will be in a sling. It is generally permissible to come out of the sling periodically to move the elbow and hand, however you may be told otherwise by Dr. Browdy, depending on what procedures are performed.

When sleeping or resting, you may find it more comfortable to use a reclining chair and a pillow under the forearm for support rather than lying in a bed.

**Problems:** It is not uncommon for the hand to experience slight swelling and/or numbness or tingling in the hand. This can be in part due to constriction of the wrist by your sling, and removing the sling periodically can help. It is also common to experience bruising of the shoulder, arm and even chest wall a few days after surgery.

**Problems (cont.):**

Please contact Dr. Browdy's office if you have any of the following:

1. Severe Pain
2. A temperature above 101 degrees
3. Pain, redness or significant swelling in your calf

**Medication Refill Policy:**

**It is the policy of Advanced Orthopedics that medications will only be refilled during office hours. Please be patient with the office staff. If you call during patient hours, your call may be returned at the end of the day.**