

# POSTOPERATIVE INFORMATION

## SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

[www.gamradortho.com](http://www.gamradortho.com)

Keck School of  
Medicine of USC

PATIENT STICKER

## POST-OPERATIVE INSTRUCTIONS – ARTHROSCOPIC LABRAL REPAIR/SHOULDER STABILIZATION

### WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2. THERE ARE WHITE TAPES DIRECTLY ON THE SKIN. THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- Apply Band-Aids and to the wounds. Change the dressing daily until completely dry. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice or cold therapy device 30-40 minutes 3-4 times per day until swelling is down, then as needed for pain relief.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry if it gets wet. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until clear by Dr. Gamradt.

### EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest. The arm will be in a sling for approximately 6 weeks.
- Please perform the exercises on the attached Home Exercise Program 2 times daily IF INSTRUCTED BY DR. GAMRADT (occasionally, Dr. Gamradt will wait 2-3 weeks prior to beginning range of motion in highly unstable shoulders):
  - Shoulder range of motion
  - Elbow / Hand / Wrist Range of Motion Exercises
  - Grip Strengthening
  - Scapular Tightening

### POSTOP

- You will be given two prescriptions for pain relief for you to use post-operatively:
  - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first seven days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
  - VICODIN or PERCOCET, a strong narcotic, to be used only for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your wound check, 10-14 days post-operatively. Dr. Gamradt will prescribe physical therapy at this time.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**