



Bankart/Shoulder Instability

Home Care Instructions

Shoulder instability surgery will only be as successful if post-operative guidelines are followed. Recovery from this problem requires a careful balance of protecting the operative repair, graded return of mobility and physical therapy. Also, keep in mind that as we age, the cost of stability is often some loss of range of motion.

-Dr. Michael Russonella

- Sling** You will go home from the hospital with your arm positioned in an abduction sling. Continue to wear the sling until cleared by Dr. Russonella, including sleeping; use of the sling while sleeping is to limit the risk of injury. Sling may be discontinued in 2-3 weeks.
- Ice** Apply ice to shoulder area for 15-20 minutes at a time and repeat 4-6 times a day. Repeated use of the ice pack will decrease your swelling and pain. DO NOT apply heat! If using an ice pack, be sure to put a barrier in between the ice pack and your skin, the ice crystals can burn your skin.
- Wound Care** Shoulder arthroscopy involves pumping fluid into your shoulder at high pressures. This can cause bruising and sometimes even bruising extending down the arm. This is normal and will resolve. DO NOT apply cream or salves to your incision; they increase the risk of infection/contamination, and do not help with healing.
- Showering** You may shower in 72 hours. Do not immerse in water for at least one week, however after showering, change the bandages and cover the incisions with band-aids. Wash around the incision mark, not completely over it.
- Diet** You can return to your normal diet as tolerated.
- Activity** Go home and rest today. If you received sedation or general anesthesia, you may feel tired and drowsy. Therefore, you should NOT drive a car, operate any machinery, drink alcoholic beverages or make any legal decisions for 24 hours after surgery or while taking narcotic medication. Motion of your hand, wrist and elbow will help the arm recover from surgery. DO NOT move the shoulder. You may have had a nerve block with surgery. As anesthesia has mentioned this will last for up to 24 hours. If you have a catheter, Anesthesia will instruct you as to its care.
- Pain Medication** Resume all pre-hospital medications as prescribed unless otherwise instructed. All medicine is sent electronically to your pharmacy after surgery. Take pain medication as prescribed only as needed. The first 24-48 hours are the most uncomfortable. If you are not comfortable with the pain medication you may take Tylenol or Tylenol Extra Strength. The pain medication causes constipation; drink plenty of fluids, apple juice and prune juice as needed. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold at the pharmacy. Some patient's report having pain after surgery that is quite manageable, other patients report a significant amount of discomfort. The response to the surgery over the first 5 days is quite individual. Do not hesitate to take 2 tablets of the pain medication every 3 hours if needed. Of course, rest, ice and taking it easy for the first few days will have a significant impact on your recovery. Post-op day #1 2000mg Vitamin C daily until wounds are fully healed.
- **If your procedure included a PRP injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin. ****
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****