



Home Care Instructions

Shoulder- Bankart Repair, SLAP Repair, or Capsular Shift

Michael C. Russonella, D.O.

- Diet:** Start out with liquids and progress to your regular diet as tolerated.
- Activity:** Don't plan any other strenuous activities until you have been cleared to do so by Dr. Russonella.
- Pain Medication:** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use Aleve or Advil over the counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate.
- Ice:** An excellent source of relief of pain, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. You may continue to use ice several weeks following surgery.
- Return Visit:** Please schedule your return visit to see Dr. Russonella. Please call the office at (973) 340-1940. At that visit you will have your sutures or staples removed. The return visit should be scheduled approximately 10 days to 2 weeks after your procedure.
- Emergency:** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital.
- Wound Care:** Arthroscopy portal (wounds) are small and are usually closed with ster-strips and a stitch. The portals usually continue to drain or leak after you have returned home. Don't become alarmed unless you consider the volume or color of the drainage to be excessive. Every day you should clean the wounds with alcohol and apply a band aid to each wound. Apply the sticky part of the band aid away from the ster-strip. If you have a larger incision, you will need to keep it away from water until the stitches or staples have been removed. You may use an ACE bandage for support if desired.
- Showering:** The 2nd morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off.
- Sling or Immobilizer:** If you leave the hospital with one of these, continue to use it at home until your return visit. Each can be removed for daily personal hygiene.
- Physical Therapy:** Please call the physical therapy facility you have been performing therapy at prior to your surgery the next business day following your procedure to schedule an appointment. You will be provided with a post-op rehab protocol handout before you leave the hospital, take that with you to your therapy appointment.

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