

Bankart/Labral Repair Post-Operative Instructions

1. Remove the dressing on the third day after surgery unless saturated with fluid, in which case you may either reinforce the dressing with more gauze or change the dressing. You may shower on the third day if the wounds are dry and not draining. Pat incisions dry after showering and apply gauze pads or Band-Aids to sites as necessary. If you have Steri-Strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
2. You must wear the sling at all times except showering until further instructions are provided during your first post-op visit. You may remove your arm from the sling for showering – you may allow your arm to hang at your side. Place arm in sling immediately after showering. No lifting or shoulder movement.
3. You will be given a prescription for pain medication and antibiotic after your surgery. (Unless there is a penicillin allergy)
4. You will not be able to safely drive at this time.
5. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours.
6. Physical therapy will usually begin 4 weeks after surgery.
7. You may take Colace Twice/daily while on pain medication to prevent constipation.

