

# Shoulder Labral Repair Instructions

Dr. McCormick

## What to Expect After Shoulder Labral Repair

### Restrictions

For the first 6 weeks you may use your hand for writing and typing  
You may drive when out of sling, usually at 6 weeks post surgery  
you must be able to react quickly so try it in an empty parking lot if unsure.

### Surgical site care

keep your initial dressing dry  
it is normal to notice some drainage/discoloration of the dressing  
remove dressing after 3 days and apply supplied island dressings, do not remove tapes  
you may shower with the island dressings on but do not scrub the area

### Pain management

**Rest** wear the sling for 6 weeks  
remove the sling 3 times per day to:  
move your hand, wrist and elbow to keep these from getting stiff  
do shoulder pendulum exercises  
the sutures holding your repair are not strong enough to withstand the force of normal use  
**Ice** 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite  
Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650

### Follow-up clinic visit

usually at 2 weeks after surgery  
we will check your surgical site, review arthroscopic pictures and answer any questions you may have

## When to call the office

reactions to medications  
dressing discoloration spot greater than 4"  
suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

## Recovery Objectives

0-6 weeks	control pain, maintain some mobility through pendulum exercises
6-12 weeks	regain range of motion in front of your body
>12 weeks	regain full range of motion including external rotation start strengthening with Physical Therapy return to sport when equal strength and equal range of motion

[www.mccormickortho.com](http://www.mccormickortho.com) for more information more educational videos and postoperative protocols