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Orthopedics & Sports Medicine  
4 West Street  
West Hatfield, MA 01088  
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## Postoperative Instructions Shoulder Labral Repair

### 1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take the medication as directed. Narcotic medications tend to slow the bowels. Colace® is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help prevent blood clots in the leg. Take one regular aspirin (325 mg) every morning for 2 weeks after surgery, if you are not allergic or prohibited by your regular doctor. You should wear the anti-embolic stocking for 2 days after surgery.

### 2. Wound care

- Apply ice to your shoulder. This will help alleviate the pain and swelling.
- Start “pendulum” exercises the day after surgery unless otherwise instructed.
- Wear your sling at all times, even while sleeping. You may remove them to do your exercises and to shower.
- You may remove your dressings and shower 48 hours after surgery. Replace bandages on all wounds for the following 2 days.
- Do not submerge (bath tub, pool, hot tub, etc.) your surgical wounds until after the stitches have been removed.
- Your stitches will be removed when you come in for your follow up appointment in 10-14 days.

### 3. Follow-up appointment

Please call the office shortly after surgery to confirm your follow up appointment for about 10-14 days after surgery. At this appointment, we will:

- review the surgery and discuss rehabilitation and activity restrictions.
- discuss your therapeutic goals and course.

### Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.