



**COLUMBIA UNIVERSITY  
CENTER FOR SHOULDER,  
ELBOW AND SPORTS  
MEDICINE**

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## **Post-Operative Instructions, Shoulder Arthroscopy: Rotator Cuff Repair, Labral Repair, ASD**

### **General Care**

- Remove bulky dressing on post-operative day (POD) 1
- Do not remove butterfly strips (“steri-strips”) from skin

### **Showering**

- You may shower on POD 1
- Replace dressing only as needed with band-aids

### **Sling Use – “Repair” (Rotator Cuff, Labrum)**

- The sling should be on at all times you are in public or when you sleep.
- You may come out of the sling 3x/daily to move elbow, wrist and fingers – do not move shoulder if repair was performed.
- You can remove sling for showering, but then put back on afterwards
- Avoid using the operative hand for ADL (activities of daily living)

### **Controlling discomfort after surgery**

- Cryotherapy or ice
- Pain medication taken every 3 hours as needed
- Use of NSAIDs (advil or aleve) in combination with Narcotic pain meds
- Sleep with pillow under operative arm

### **Physical Therapy**

- Your physician will guide your post-operative therapy dependent on your procedure. This will be discussed at your first post-operative appointment. We will provide a PT Rx at that time if you will be starting PT immediately.

### **Driving**

- Not allowed while on narcotics or if sling is necessary.

Your appointment should be 7-10 days after surgery, and it should have been issued to you at the time you made your appointment for surgery. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office.