



Post-Operative Instructions Shoulder Arthroscopy: ASD, Labral Repair (Excluding Rotator Cuff Repair)

**Columbia University
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General Care

- Remove 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” (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 ADLs (activities of daily living)

Sling Use – No Repair (ASD, debridement, distal clavicle resection)

- You may discontinue using sling as soon as you are comfortable.
- You may begin active range of motion (ROM) as soon as you are comfortable.

Controlling discomfort after surgery

- Cryotherapy or ice
- Pain medication taken every 4-6 hours as needed
- Use of NSAIDs (advil or aleve, no Tylenol) 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 – please discuss with your physician post-operatively

Driving

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

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be **7-10 days after 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.