

SIMON W. YOUNG

*MBCChB FRACS MD
Orthopaedic Surgeon, Senior Lecturer*

SHOULDER STABILISATION/LABRAL REPAIR Post-Operative Care

1. WOUND CARE

When you leave the hospital you will have small waterproof plastic dressings on your shoulder. You can shower with these on, but you should not point the water straight at the shoulder or soak in a bath or pool.

The sutures used are absorbable and do not need to be removed.

The dressings and adhesive strips (steristrips) can stay on for 14 days. If the dressings fall off or leak before then they can be replaced. Sometimes the pads beneath the plastic dressings are blood soaked – this is normal.

If you develop fevers, or excessive redness or discharge from your wound, please contact us on the details below.

2. ACTIVITY

For the first two weeks you should rest your shoulder in the sling, including when sleeping. You can come out of the sling when resting in a chair.

To dress, come out of the sling and bend forward at the hips to let your arm hang down while putting clothes on. Do not elevate the arm.

To prevent elbow stiffness, carefully come out of the sling to gently bend and straighten the elbow at least once per day; however do not lift any weight with that arm.

After 2 weeks, you can begin pendulum exercises. Carefully take your sling off, hang your arm at your side with your elbow out straight, lean forward over your knees and gently swing your arm forwards and backwards like a pendulum. Do this gently for 2-3 minutes 3-4 times per day.

Typically the sling will stay on for 4-6 weeks, depending on the size of the repair. You will not be able to drive during this time. Simon Young will discuss physiotherapy with you.

3. WORK

Please discuss your job's requirements with Simon Young, he will plan any time off work with you and provide you with the appropriate forms.

FOLLOW UP

Wendy will typically arrange a follow up appointment 2-3 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please
phone 09 521 9846 or email ortho@axisportsmedicine.co.nz

After hours or if the query is urgent you can contact
Simon Young on 021 616 183 or email simon.young@auckland.ac.nz