

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Postoperative Instructions

Arthroscopic Labral Reconstruction

Dressings

- Dressings will be removed during your first physical therapy visit or office visit.
- Do NOT touch, remove, change or clean any Steri-Strips you may be wearing.
- Do NOT apply or use any ointments such as betadine, Neosporin or peroxide on the wound site.
- Apply additional bandages only if drainage occurs.

Bathing

- Once incisions are dry and no longer draining, you may get them wet in the shower. Do NOT get in bath water or a pool until sutures have been removed for at least one week, unless specifically instructed to do so.
- Avoid hot tubs, saunas/steam rooms and hot showers for 4 weeks-they can increase your swelling.

Stitches

- Visible stitches will be removed or clipped at your 2-week follow-up visit in clinic or in PT.
- If you do not have visible sutures to remove, rest assured that they will dissolve under the skin.

Ice

- Ice your wound site for 20 minutes at a time, 4-5 times a day.
- NEVER place ice directly on your skin. Insulate the site with a towel. Icing helps decrease swelling and provides some pain relief.

Swelling

- It is normal to see swelling and/or bruising around your incision for the first 2 weeks.
- Redness, heightened pain, increased temperature (101F or above) and/or abnormal drainage are NOT normal. Please call your doctor's office at once if you develop these conditions.

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

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Physical Therapy

- You will have an appointment scheduled with Physical Therapy within 1 week of surgery.

Medications

- Please follow all instructions on the bottle.
- Do not drink alcohol while taking pain medication.
- Do not take additional pain medications unless instructed to do so.
- Do not drive while taking pain medication.
- ***If you have questions about your medications or if you need refills, please reach out to our office at 931-552-4340 and ask to speak to the nurse.***

Specific Instructions for Shoulder Care

Sling instructions

- You will be required to wear the sling provided to you until your doctor instructs you to discontinue using it.
- You may remove your shoulder immobilizer to shower. Keep your arm in the same position as if it were in the immobilizer when showering. Wear the sling at all other times, including while sleeping.
- Use your elbow and hand for everyday activities (washing, dressing, bathing, etc.) but no shoulder motion

Elevation

- Sleep in bed with your shoulder elevated on several pillows or sleep in a recliner for maximum comfort. Lying flat will not be very comfortable at first.

Contact Numbers

- *Clarksville TOA Office: 931-552-4340*

Additional Instructions:

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