

MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery
www.mdubielmd.com

Posterior Labral Repair

DIET

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the second post-operative day
- If steri-strips presents, they are to remain in place until first post op visit
- You can shower two days after surgery. NO immersion of operative arm (i.e., Bath)
- If minimal drainage is present, apply band-aids over incisions and change daily.

To avoid infection, keep surgical incisions clean and dry

MEDICATIONS

- If you received a block your arm should feel numb anywhere between 12 and 36 hours before it wears off. If you did not receive a block, you may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle

Primary Medication = Oxycodone

- Take 1 – 2 tablets every 4 – 6 hours as needed Max of 12 pills per day
- Plan to use it for 2 to 5 days, depending on level of pain
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, **take medication with food**
- If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600mg (i.e., Advil) and acetaminophen (Tylenol) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys'. Alternating ibuprofen and acetaminophen with each other allows you to maximize your pain control and minimize the need for the narcotic pain medication

MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery
www.mdubielmd.com

ACTIVITY

- When sleeping or resting, inclined positions (i.e., reclining chair) and a pillow under the forearm for support may provide better comfort
 - Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
 - Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
 - NO driving until instructed otherwise by physician
 - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
 - No exercises or shoulder motion until after your first post-operative visit unless otherwise instructed
 - You may begin elbow, wrist, and hand range of motion on the first postoperative day about 2-3 times per day
 - Formal physical therapy (PT) will begin after your first post-operative visit
- *May apply ice pack up to 20 minutes every hour for the first 72 hours to help reduce swelling. Do not place ice pack directly on skin

IMMOBILIZER

- Your immobilizer should be worn at all times except for hygiene and exercise

****Emergencies****

• Contact Dr. Dubiel or his team at 231-935-5880 if any of the following are present:

- Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in wrist, hand, or lower extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to connect to the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged
 - If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
 - If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours 231-935-5880