

Contact our office with any questions or concerns at: _____

BANKART REPAIR

WHAT TO EXPECT FOLLOWING SURGERY

Expect to have some degree of pain in the shoulder for up to 6 weeks. This pain will fluctuate at times but can be managed. Take your pain medication as prescribed and ice your shoulder as directed.

There may be some bruising in your affected arm and even on the side of your chest. This is normal. You may also notice some bruising on the base of the neck. This is where the nerve block was given.

Sleeping can be difficult so it is important to get rest when you are able. You may find it more comfortable to sleep in a recliner or elevated on pillows in your bed initially following surgery. Do not try to sleep on the affected shoulder or flat on your back during the initial 2-3 weeks following surgery.

You may occasionally experience numbness or tingling in the ring and small finger of the affected arm. This is from being in the sling. Your hand and elbow may also swell following surgery. Be sure to keep your fingers and wrist moving as this will help with the swelling.

GENERAL INSTRUCTIONS FOLLOWING SURGERY



MEDICATION

Take your pain medication as prescribed by the doctor. If you have any problems with your medication contact the nurse. You must contact your physician regarding medication refills.



SHOWERING / BATHING

Keep sutures or staples dry. When showering or bathing, cover these areas with a plastic bag or Saran wrap (Cling wrap). You can clean suture sites with rubbing alcohol only.



BANDAGE / DRESSING CHANGES

All sutures/staples need to be covered. Clean the sutures/staples with rubbing alcohol only. **DO NOT USE Hydrogen Peroxide or apply Antibiotic Ointments (Neosporin).**



ICE

Apply ice or cold packs to the affected shoulder every 2-3 hours for 15 minutes. **DO NOT** leave ice packs on longer than 20 minutes as they can result in a skin burn.



SLING / PILLOW

Wear the sling and pillow at all times until otherwise instructed by the therapist. The sling is important in the protection of your repair so wear it as directed.

PRECAUTIONS:

Infection

Monitor your incision for any signs of infection such as redness, warmth, or pus. Contact the therapist or nurse if you suspect an infection.

Movement (Do not perform any of the following)

- Raising overhead
- Reaching behind your back (toileting; washing your back; tucking in a shirt; taking out or removing a wallet)
- Reaching out away from the body

