

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Arthroscopic Bankart (anterior shoulder instability repair)
Postop Instructions

Dressing:

You may remove the dressing in 2 days. Keep the incisions clean and dry. You should then put bandaids on the incisions and change them as needed and after a shower. You may shower once the dressing is removed. Do not submerge the incision or take a bath.

Ice:

Follow the instructions for the cooling cuff if you have one or use ice packs. Ice the shoulder as much as possible during the first week.

Activity:

You should not move the shoulder much during the first week. You should regularly move your wrist and fingers. Also let your elbow extend fully several times a day (loosen your sling to do so). It is important that you do not externally rotate the shoulder/arm away from your side (this motion will be protected for six weeks from surgery).

Sling:

You must wear the sling at all times except showering (for four weeks total). This is very important to protect the repair and allow your shoulder to heal properly. You **MUST** wear the sling while sleeping. You may find it helpful to sleep more upright, either in a recliner or with several pillows for support.

Pain medication:

You will get further details about the nerve block you had in your shoulder and your pain medication. Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

Questions?

Please call the office at 408 364 1673.