



SPECIALISTS IN THE
MEDICINE OF *motion*



Dale Martin, MD

Knee & Shoulder Disorders
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, knee & shoulder disorders, and sports medicine. We encourage you to learn more about Dr. Martin, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - SHOULDER LABRAL REPAIR

If you or any family members have questions or concerns, please call me.

Stacy, MA: 970-419-7138

General Instructions:

You will go home with a large bandage over your shoulder area. This can be removed 48 hours after surgery.

Medications:

Please stop all Advil and like products 5 days before surgery. Do not resume Advil or other NSAIDs after surgery.

No additional Tylenol while taking the narcotics; it is already included in the pain medication.

Please give 24 hours for any medication refills.

Wound Care:

You will go home with a large bandage on; this can be removed 48 hours after surgery. Any white Steri-Strips and or stitches will be left on until post-op.

You are okay to shower without covering the incision area. Please do not let the shower water stream on top of the incision area; it will be sensitive.

- NO Bathtub
- NO Hot Tub
- No Pool

If you have sutures, pat-dry the area after shower with hand towel and cover sutures with dry Band-Aids.

Please do not use any oils, ointments, or lotion on the incision area.

Immobilizer:

Please wear the sling/immobilizer day and night until your post-op appointment. Continued use will then be discussed.