

Arthroscopic Bankart Repair

STEPHEN M. DESIO, M.D.

- 1) After your Bankart surgery, there will be a bulky bandage over your shoulder and your arm will be in a sling, which may have a small pillow attached. This sling takes the pressure off the repaired ligaments. It is to remain on at all times except for dressing, undressing, and bathing. While getting dressed, try to keep you elbow as close to your body as possible to avoid stressing the repaired ligaments.
- 2) The sling may be worn outside your clothes. To dress, place the operative arm in a button type shirt first. Then insert the nonoperative arm and button shirt. Then, place arm in sling and secure both straps of sling until snug. One strap will go around your waist like a belt, the second will go over your other shoulder like a sling. Each strap has a tag with a label for adjusting to comfort.
- 3) A Cold Therapy Cold Pack may be placed on top of your bandage after surgery. This is connected to a cooler that you will fill with ice and water. Cryotherapy is also known as cold therapy. This is the treatment of pain and/or inflammation by lowering the temperature of the skin over the affected area. It is probably the oldest form of pain control! In addition, it can significantly improve swelling after an injury or surgery.



TIP: Freeze water bottles and place them in the cooler to save on ice

The pad is placed on your shoulder after the bandage is applied. The blue tube is connected to the cooler and ice water will automatically circulate through the pad to decrease pain and inflammation from surgery. The pad and cooler are yours to keep. Do not bring them to the office unless you are having problems with them. Never place the pad directly on your skin to reduce the risk of frostbite. Always place a towel or bandage between your skin and pad.

4) You may remove your bandage and take a shower with your stitches 2 days after surgery as long as there is no drainage from the incision sites. If you notice drainage from the sites, hold off on getting them wet until they are completely dry. Place Band-Aids over the incisions once per day until they are fully healed. Do not soak incisions in water. No swimming or bath for 7 days after surgery.

5) **MEDICATIONS:**

a) You may have had a nerve block before surgery. This may provide numbness of your shoulder, arm, and hand for 24 hours or more. When the nerve block wears off, expect an increase in your pain.

b) You will be given a prescription for a pain killer that is a narcotic. This is usually Percocet, Vicodin, Oxycodone, or something similar. This medication is highly addictive. Take only the minimum amount you need. The pain from surgery decreases significantly each day.

c) Pain Management is very important during the first few days after surgery. To prevent the pain from getting ahead of you, take your pain medication before bed time the night of surgery.

d) A stool softener is recommended for as long as you are taking your narcotic. i.e. Colace. One of the most common side effects of pain medications is nausea and constipation.

e) If you experience nausea, it is most commonly a side effect of the narcotic, and the anesthesia. Please call the office and we will phone in medication for the nausea.

f) Although blood clots are rare, you should take an 81mg Aspirin twice a day for 2 weeks following surgery

6) Contact the office if you have any redness or excessive drainage at the incision sites.

7) **EXERCISE:** Begin immediately working on your grip strength with a soft ball or wash cloth. You may loosen the sling to move your elbow immediately so it doesn't get stiff. Do not move your elbow away from your body until told to do so by Dr. Desio.

If you have any questions, please call:

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