



Sports Medicine Institute
Dr. Palumbo

Post Operative Instructions for Shoulder Arthroscopy Patients
Level 2: Rotator Cuff Repair, Labral Repair

1. Thank you for choosing OAA and Dr. Robert Palumbo.
2. Your first meal should be a light meal.
3. Use an ice bag or cryotherapy device applied to your shoulder for 20 minutes as often as you wish. Do not place ice directly on your skin. Use a thin, damp towel or cloth between the ice and skin.
4. Wear the sling at all times except for showers and exercise as directed.
5. With the sling on: do shoulder shrugs and move your hand frequently, squeezing a sponge or ball if you wish.
6. Take the sling off at least 3 times a day to move your elbow. Keep the pillow from the sling under the arm. Do not let the arm fall next to your side.
7. Your arm will be immobilized for up to six weeks.
8. A prescription for pain medication has been provided to you. Use the medication as directed on the bottle. DO NOT TAKE Advil (ibuprofen) or Aleve (Naproxen) because it may compromise bone and tissue healing.
9. The dressing may be removed after 24 hours. You may have had a physical therapy appointment arranged for the next day. The physical therapist will help you with the dressing change. The small incisions may leak/ooze for two days. Cover them with Band-Aids as needed.
10. You may shower 24-hours after surgery. Leave the Steri-Strips on and change any wet dressings. Do not swim or soak in a tub or whirlpool until after your first post-op office visit and Dr. Palumbo has given approval.
11. Activities:
 - A. Let pain be your guide to activity. Always use the immobilizer unless told otherwise.
 - B. Some amount of swelling may be present post-operatively. Restrict activity if swelling is present.
 - C. Do not use exercise machines unless specified by Dr. Palumbo or your physical therapist.
 - D. If you have a desk job with little physical activity, you may return to work if approved by Dr. Palumbo.
 - E. If your job requires excessive lifting, walking, your return to work date will be discussed during your first post-op office visit.
12. You should have a post-op office appointment 7-14 days following your surgery. If you do not have an appointment, call the office on the next business day to arrange one.
13. If you develop a fever (101.5°F or higher), unexpected redness in your shoulder or extreme pain in your arm, please call the office at once.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for one of the following Team Palumbo Staff members: Brian Kephart, PA-C, ATC or Casey Muthard, BS.