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## **SHOULDER LATARJET INSTRUCTIONS**

1. Description:
2. You may shower right away.\* The dressing on the front of your shoulder is waterproof. On day 7 remove all of your bandages and after you shower dry off the sutures and apply a clean dressing to the wound site.
3. Expect some swelling, discomfort, and ecchymosis (bruising). This is normal. The swelling can last from several days to several weeks depending on the type of surgery you had. Ways to lessen the amount of pain and swelling:  
**Rest in the upright sitting position** (usually this is more comfortable)  
Use the (**ice** compression) cryocuff (blue cuff) continuously for the first 24-48 hours. Then, 20-30 minutes, four times a day.
4. Medications prescribed:  
Oxycodone (5mg) for pain: one to two pills every 4 hours as needed for pain  
Toradol (ketorolac) anti-inflammatory: one pill (10mg) every 6 hours for pain and swelling as needed  
Zofran 4mg: one pill every 8 hours as needed for nausea
5. Other medications you may take for breakthrough pain:  
Tylenol 500mg (extra strength) two tablets every 6 hours  
Advil (Ibuprofen) 200mg two tablets every 8 hours with food – **do not take while on Toradol (ketorolac)**
6. The pain medication may cause constipation. You can take **Colace**, an over the counter stool softener which should help with this. Drink plenty of fluids. If you do not have a bowel movement within 5 days then drink ½ a bottle of magnesium citrate, which is sold over-the-counter at your local pharmacy.
7. You are to use the sling/swathe for \_\_\_\_ weeks. The **Sling & Swathe** is to be worn at all times for \_\_\_\_ weeks. Even when you sleep. Sleeping is difficult for the first week; you may sleep in a reclining chair or propped up on pillows. Pain tends to increase at night, this is normal.
8. Although there is a low risk of infection, notify my office if you develop fever > 101° F, with increase pain, redness, and warmth. Report any pus or unusual drainage immediately
9. **You need to call 617-643-0907 to schedule your follow up office visit for 10 – 14 days from the date of surgery. Please do this today or tomorrow.**

\*If you have a nerve block pump, you should only shower once the pump is removed