

ARTHROSCOPIC SHOULDER SURGERY WITH DR. GRONDIN (www.drgrondin.com)

AROM=active range of motion. PROM=passive range of motion. All periods of time mentioned are with respect to the operative day.

ALL SHOULDERS

Someone should bring you home from the hospital and **stay with you for the first 24-48 hours** as the medication you will take for pain will make you drowsy and not fully autonomous over this period of time.

You may be prescribed a shoulder sling to either 1) avoid AROM or 2) avoid AROM **and** PROM. In both cases it is important to remove the sling often (at least 3 times a day 30 min each) to allow the elbow to straighten out and prevent stiffness. Remember to still avoid moving the shoulder while the sling is off.

Keep the dressing completely dry for the first 48 hours (2 days). After 2 days you may remove the big dressing but keep the small rectangular stickers (1cm x 4cm) on the skin (Steri-stip) over the small incisions for two weeks. You can shower after 2 days (damp dry) and submerge under water completely after 2 weeks.

Ice or commercially available freezable gel bags placed on the shoulder are very effective at relieving post operative pain. Make sure not to put the bag directly on skin by wrapping the bag in a cloth or placing the bag over a T-shirt, to avoid frostbite. Wearing 2 t-shirts and slipping the bagged ice between the T shirts works well to keep the ice in place. Apply at least 3 times a day for 30 minutes each time.

A physiotherapy prescription will be given to you when you leave the hospital. **Organized physio** begins 3-10 days after the operation but make sure to call right away to reserve you place in line.

Dr Grondin will see you between 2 and 21 days after the operation to make sure you are progressing well. At the Notre dame clinic, delays are very common. It is important to arrive on time to register and be seen by the nurse but once this is done, it is allowed for you to leave for 20-30 minutes during the wait to go eat or pay the parking meter as the wait can last hours. You will not lose your place in line. Dr. Grondin sees everyone that has registered.

Bankart/SLAP

No shoulder PROM or AROM is allowed for 3 weeks except to do the pendulum exercises. No external rotation active or passive past 0 degrees is allowed for 6 weeks after the operation. AROM vs resistance starts at 3 months.

Rotator cuff repair

No AROM is allowed for 6 weeks. PROM is allowed. Strengthening is at 3 months.

If the subscapularis is also repaired, passive external rotation past 0 degrees is also not allowed for 6 weeks.

If a tenodesis of the biceps is also done, resisted elbow flexion and supination is also not allowed for 6 weeks.

Acromioplasty or distal clavicle resection

AROM and PROM are allowed. The sling is for comfort only and may be taken off as much as desired. Avoid all physical activities with more than 10 lbs for 6 weeks.

Latarjet

The restrictions are the same as the Bankart repair except that the incision is longer so must remain completely dry for 10 days. The shower is allowed at 10 days and the bath at 14 days.

Call the day surgery center (514) 890-8317 (mon to fri 7 to 20h) or info santé (811) or your CLSC if you have a temperature more than 38C for more than 24 hours, if there is painful redness around the incision (it is normal to have the whole shoulder colored pink by the antiseptic dye but it is not normal to have a deeper painful red color around the incision), if a discharge persists around the incision for more than 24-24 hours, if the pain is not controlled by medication and elevation and if there is a constant calf pain (not only from time to time) that persists more than 24 hours.