



## **FREQUENTLY ASKED QUESTIONS: ARTHROSCOPIC AND OPEN BANKART REPAIR**

### **How should I manage my surgical site, dressings, steri-strips, etc?**

- Change your dressing every other day, as needed.
- Allow the steri-strips to fall off on their own. If necessary, sutures will be removed at the first post-operative visit with your surgeon's office.
- You may shower with a watertight bandage in two days, but keep the incision dry until the sutures are removed in seven to ten days. Try not to let the direct spray of water from the showerhead hit the incision.

### **Do I need to wear a sling? If so, how long should I wear it and when may I take it off during the day?**

- You will be instructed by your surgeon to wear a sling from four to six weeks depending on the extent of soft tissue repairs associated with your surgery, and the sling should be worn at all times.
- While in the sling, the elbow should be bent at a right angle, and the hand should be level with your elbow or slightly higher. The elbow should be resting slightly in front of your body.
- You may remove the sling for exercises as prescribed by the surgeon, icing, dressing and showering.

### **What are my precautions regarding movements and positions after surgery? What positions should I rest my arm in? What positions should I avoid?**

- You may use the hand, but do NOT externally rotate the arm, extend it beyond your trunk or raise your arm out to the side for functional activities. It is not advised to push or pull doors. Carry objects with your arm at your side to protect the area in the shoulder that was repaired.
- Keep elbow slightly in front of your body, involved arm by side.



## **May I use or lift my involved arm for dressing, bathing, driving, and other daily activities? How should I manage my arm in the shower?**

- You may use your wrist, hand, and elbow for daily activities. This includes eating, shaving, dressing, as long as you do not move your operated arm away from your body and it does not increase your pain.
- Do not use your arm to push up/off the bed or chair or close doors for six weeks after your surgery.
- Driving is not allowed for at least four weeks after your surgery.
- When showering, you may wash under the involved arm/axilla by bending forward to let the involved arm hang freely and reaching under with the opposite arm.
- You may use a computer keyboard and mouse as long as your elbow remains at your side and you do not have to reach up or outward.

## **Are there any exercises I should be doing prior to starting physical therapy?**

- You may be instructed by your doctor/physical therapist to do pendulum exercises within 24 to 48 hours after your surgery.
- You may gently move hand and wrist within comfort to minimize hand and elbow stiffness.
- Make sure you keep good posture at all times.



## When should I begin formal physical therapy? How often do I need to go?

- Initiation of physical therapy depends on the initial post-operative precautions and can be surgeon specific.
- Physical therapy may be usually initiated within the first four weeks following surgery and your surgeon will refer you when the time is appropriate. This will include physical therapy sessions at the clinic, in addition to a home exercise program for range of motion and postural exercises.
- Frequency of treatment will be determined by your specific needs together with the physician and physical therapist recommendations.

## When may I start strengthening?

- When strengthening is safe to begin is determined by the surgeon depending on the extent of soft tissue repairs associated with surgery in either an open or arthroscopic procedure.
- Typically, strengthening for arthroscopic surgical procedures begin approximately six to eight weeks post-operatively and twelve weeks for open surgical procedures.

## When may I return to sports and recreational activities?

- Return to sports and recreational activities are specific to the particular activity, but generally no sooner than four to six months.
- Always seek permission from your surgeon prior to starting any sports related activity.

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