

ARTHROSCOPIC BANKART REPAIR

Immediate post-op care:

DAY 2: Remove bandages and replace with band aids (over the steri-strips)

Showering: Do not get incisions wet for the first 7 days

Pain medications: Take as prescribed

PHASE 1 (week 1- 4)

SLING: FOUR weeks AT ALL TIMES, INCLUDING SLEEP

Physical therapy: NONE

AVOID ALL ANTI-INFLAMMATORY MEDICATIONS FOR 6 WEEKS SUCH AS: ALEVE, MOTRIN, IBUPROFEN, ADVIL, ASPIRIN (Unless prescribed for cardiac reasons)

PHASE 2 (week 4-8)

NO LIFTING ANYTHING HEAVIER THAN ONE POUND.

Begin to use your arm for activities of daily living

Bathing

Eating

Shaking hands

Driving

PHASE 3 (week 8 -16)

Physical therapy: 2-3 times per week to begin strengthening

Gradually increase level of activity

Week 16: Return to pre-surgery activities/sports