



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after LABRAL REPAIR surgery

- Use the shoulder immobilizer at all times with the upper limb positioned correctly, neither too loose nor too tight.
- Avoid moving or lifting anything with the operated hand until advised.
- Schedule a follow-up for physiotherapy with our Chief Rehabilitation Specialist three weeks after surgery.
- Apply ice only to the shoulder joint where bone can be felt, 5-6 times a day.
- Apply hot packs to the upper back for pain relief if needed.
- Take medications as prescribed in the discharge summary.
- Walking is unrestricted.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath permitted, but ensure dressing and wound area remain dry.
- Place a pillow under the elbow on the operated side while sleeping for support.
- Encourage finger and wrist movements of the operated limb.
- Ensure the room is well-lit and free of mats to prevent falls.
- Bruising or skin discoloration around the operated site is normal and will subside; ice application helps.
- Maintain axillary hygiene by gently sponging the axilla with wet tissue and then drying.
- Keep the dressing dry during sponging/showering.
- Cover the dressing with a cling drape if showering.
- Contact us if there is bleeding or ooze from the dressing for assistance.



SHOULDER IMMOBILISER



**PILLOW FOR SHOULDER
POST-OP**



**ICE PACKS
FOR SHOULDER**



**HOT WATER BAG
FOR SHOULDER**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



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Patient Coordinator : +91 88989 75355

Surgery Coordinator: +91 98202 09137



For Appointments

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