



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 ISOLATED SLAP surgery

- Use Arm Pouch as directed.
- Avoid moving or lifting with operated hand.
- Follow up for physiotherapy in 1 week.
- Apply ice to shoulder joint as 4 to 5 times a day.
- Use hot pack for on muscle of upper back 4 to 5 times a day.
- Take medications as per timings prescribed.
- No walking restrictions.
- Sleep with pillow supporting operated limb.
- Encourage finger and wrist movements.
- Change dressing only if oozing; sutures will be out at 15 days.
- Shower without wetting dressing; use cling drape.
- Ensure well-lit room; remove mats to prevent falls.
- Expect bruising; ice application helps.
- Maintain axillary hygiene with sponge.
- Contact us for bleeding or oozing from dressing



ARM POUCH



**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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For Appointments

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