



Dr. Amyn 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 LABRUM+CUFF REPAIR surgery

- Always wear the shoulder immobilizer with the upper limb in the correct position, neither too loose nor too tight.
- Refrain from moving or lifting anything with the operated hand until advised.
- Schedule a physiotherapy follow-up at 3 weeks post-surgery.
- Apply ice to the shoulder joint, where bone can be felt, 5-6 times a day.
- Use hot packs on the upper back for pain relief as needed.
- Take medications according to the discharge summary.
- Walking is unrestricted.
- Place a pillow under your elbow on the operated side while sleeping to support the limb.
- Encourage finger and wrist movements of the operated limb.
- Ensure the room is well-lit and free of mats to prevent falls.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath permitted, but keep dressing and wound area dry; cover the dressing with a cling drape if showering.
- Expect bluish-black bruises or skin discoloration around the operated site, which will subside; ice application helps.
- Maintain axillary hygiene by gently sponging the axilla with wet tissue and then drying.
- 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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Surgery Coordinator: +91 98202 09137



For Appointments

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