

## **Arthroscopic Labral Repair**

### ***What is the Labrum?***

The humeral head rests in a shallow socket called the glenoid. Because the humeral head is much larger than the socket, a soft fibrous rim called the labrum surrounds the socket to help stabilize the joint. The rim deepens the socket so that the humeral head fits better.

### ***How do you repair the labrum?***

The labrum will be repaired by making small incisions around the shoulder and by use of an arthroscope (camera) to see all the structures of the joint. Special instruments allow Dr. Acevedo to sew the labrum to the correct (anatomic) position.

### ***Length of Stay***

This is same day surgery. You will need to have someone who can take you home.

### ***Anesthesia***

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep. The second type of anesthesia is a nerve block. Your arm will be numb and will feel very strange. The nerve block will last about 12-14 hours. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

### ***Incisions***

You will have about 3 small incisions around your shoulder. They will only be about 1 cm long. The sutures are buried and absorbable. There will be small "Steri-Strips" on the wounds after you remove the dressings, and these will stay on for about 2 weeks. The steri-strips can get wet in the shower.

### ***Pain***

These repairs are initially very uncomfortable. You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours. It is important to stay on top of the pain medication. Most patients receive Toradol, which is a strong anti-inflammatory. Begin taking this medication when you get home. The Narcotic you are prescribed should be used as a rescue medication as needed. For the first 2 days it is advised that you take 1 of these pills around the clock to stay on top of the pain. If it is too strong, you can take Extra strength Tylenol in its place.

## ***Sling***

Your arm will be placed in a sling prior to leaving the operating room. You are to remain in your sling 24 hours a day. This includes sleeping in your sling. For the four weeks that you are in your sling, **you are not permitted to drive.**

## ***Post Op Ice Therapy***

If you can obtain an Ice Machine Unit these are very helpful. **Please be sure to bring it in with you on the day of surgery.** Plan to use ice on the shoulder intermittently at least for the first 48 hours after surgery. You should use ice therapy on the shoulder for 15-minute increments throughout the day. Using ice therapy helps decrease pain and swelling. You can use it daily as needed throughout your recovery period.

## ***Dressings***

You will go home with dressings and gauze. You may shower after surgery as long as the TEGADERM dressing is intact. If the tegaderm begins to fall off it may be removed after 3 days. The actual skin incision CANNOT get wet prior to 3 days. After the dressings are removed, simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.

## ***Physical Therapy***

For the first two months of recovery, you will do very gentle stretching at home. During the second half of your recovery, you will continue to do your home exercises and also attend formal physical therapy. . If you prefer home therapy, Dr Acevedo can prescribe you a program with the MyHealthTrack app.

## ***Restrictions***

Recovery from Labral repair surgery is three to five months. During that time you will have restrictions on the use of your operative arm.

**Day of surgery to Week 4:** remain in sling, no use of arm for work, no driving . Typing and writing allowed.

**Months 1-2:** opposite hand work only

**Months 2-3.5:** no lifting and carrying anything greater than 10 lbs and only occasional

over shoulder reaching

**Months 3.5-5:** no lifting and carrying anything greater than 20 lbs

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***Pictures***

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your shoulder.

***Follow Up Appt***

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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