



Osteochondral Allograft Transplant (OATS Procedure)

What is a OATS procedure?

A fresh frozen cadaveric graft is used to obtain a small plug of bone and cartilage to fill the defect in your shoulder. Over 3 months your body will incorporate the graft and the cartilage.

Length of Stay

You will spend one night in the hospital after this surgery. You will need to have someone to drive you home after you have been discharged.

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.

Incision

You will have an incision down the front of your shoulder. After the incision has healed, it is usually very thin and not very noticeable.

Pain

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.

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 knee intermittently at least for the first 48 hours after surgery. You should use ice therapy on the knee 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.

Sling

Your arm will be placed in a sling prior to leaving the operating room. When you go home you only need to wear the sling for protection, i.e. in a crowded area.

Dressings

Dermabond (a skin glue) to seal your wound under the Tegaderm. You may shower when you go home with this dressing on. The dressing may be removed after 5 days.

Physical Therapy

For the three months of recovery, you will do these very gentle stretches at home. Formal Physical Therapy will begin in 6 weeks after surgery.

Restrictions

Recovery from an OATS procedure is three months. During that time, you will have restrictions on the use of your operative arm. You may drive when you feel that you can properly control a car and you are **NOT** taking narcotic pain medication.

Day of surgery to Week 6: no active reaching and lifting, no closing doors, no reaching behind your back, no pushing up from a seated position, and no repetitive movements.

Driving

You are not allowed to drive until you are out of the sling and you feel safe. This is usually about 4- 6 weeks post op.

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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