

## WHAT TO EXPECT AFTER SLAP REPAIR

**Dr. Erik Dorf**

SLAP repair surgery is very common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your injury/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** Following your surgery you will have a bandage on your shoulder and your arm will be protected in a sling.
2. ***FIRST 48 HOURS AFTER SURGERY:*** Your arm may be numb or asleep for up to 24 hours after surgery. After the first 24 hours following surgery, it is important that you straighten out your elbow for five – ten minutes several times a day while you are awake. You will be given pain medication, and can supplement with Tylenol.
3. ***FIRST TWO WEEKS:*** Pain, swelling and bruising in the arm are normal after surgery. This can be lessened by the use of an ice pack, by elevating your hand above the level of your heart or higher than your nose, and by the use of your pain medication as needed. **You will wear your sling at all times during the first four weeks after surgery except while straightening your elbow, performing the exercises learned in therapy, or bathing.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will check your incisions; you will continue to wear the abduction sling. Two weeks from this visit (or 1 month post op) you will begin physical therapy.
5. ***6 WEEKS AFTER SURGERY:*** You will return to the office and we will check your shoulder range of motion. You may begin with a more aggressive physical therapy protocol at this point. This will focus on passive and active motion.
6. ***THREE MONTHS AFTER SURGERY:*** You may begin gentle strengthening exercises in physical therapy, and will be done using the sling.
7. ***HOW LONG TO GET BETTER?*** Most people are mostly better by 6 months and will be progressing with activity as tolerated. It may take up to two years for you to be fully improved. **Should you have any questions, please call any of our offices at the following numbers:**  
**Edwards (970) 569-3240      Frisco (970) 668-3633      Vail (970) 476-7220**