



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices : Shoulder
Dr David Blanchette



Post-operative advices : Shoulder

Bankart

Bandages

You may take the bandages off 3 days after your surgery.

Shower

You may shower as soon as the bandages are taken off.

Stitches

You don't have any stitches; the wound will close by itself in the first days following your surgery.

Splint

You will have a Stevenson splint that you may use according to your pain level. It is not necessary to wear it at night.

Physiotherapy

You must begin physiotherapy treatments 1 to 2 weeks after your surgery.

Movement

You may not perform any external rotation superior to 0° for the first 6 weeks.

Follow-up appointment

You will have an appointment with your surgeon 4 to 6 weeks after your surgery. We will contact you to set this appointment.

Reconstruction of the rotator's cuff

Bandages

You may take the bandages off 3 days after your surgery.

Shower

You may shower as soon as the stitches are taken off.

Stitches

You must have the stitches taken off at a CLSC, 10 days after your surgery.

Splint

You will have either a Stevenson splint or an abduction cushion,

according to the surgeon's instructions.

Physiotherapy

According to the surgeon's instructions.

Follow-up appointment

You will have an appointment with your surgeon 4 to 6 weeks after your surgery. We will contact you to set this appointment.

Acromioplasty

Bandages

You may take the bandages off 3 days after your surgery.

Shower

You may shower as soon as the bandages are taken off.

Stitches

You don't have any stitches; the wound will close by itself in the first days following your surgery.

Splint

You will have a Stevenson splint that you may use according to your pain level.

Physiotherapy

You must begin physiotherapy treatments 4 days after your surgery.

Follow-up appointment

You will have an appointment with your surgeon 4 to 6 weeks after your surgery. We will contact you to set this appointment.