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**Discharge Instructions for Ligament (Labral/Capsule) Repair:**

1. Special waterproof of bandages have been applied to you incisions. You may leave these in place until first visit. Also, you may shower starting the day after surgery with these special bandages.
2. You have also been fitted with Polar Care device which circulates cold water around your shoulder for pain relief and control of post-operative swelling. You may use this device continuously for the first three to five days and then as needed thereafter. You will need to fill the thermos with ice water as necessary.
3. As you ligaments have been repaired, it is extremely important that you not stress these ligaments by movement of your shoulder. You should therefore remain in the Shoulder Immobilizer at all times until you are seen in the office for a follow-up appointment. As noted above, if you decide to shower with these special bandages, you will need the assistance of another person to support your arm to remove and reapply the Shoulder Immobilizer. Your arm should never move away from your body.
4. Use pain medication as prescribed for the discomfort.
5. Should you have any problems or questions, please contact our office.