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Patient Sticker Here

Date

**POST-OPERATIVE INSTRUCTIONS – ARTHROSCOPIC ROTATOR CUFF REPAIR**

**WOUND CARE**

- You may remove the Operative Dressing on Post-Op Day #2.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice every 3 hours for the first 3-4 days, then as needed for pain relief.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep a water resistant pillow under the arm to keep both the elbow and shoulder away from the body (mimicking the abduction sling). Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until your sutures are removed.

**EXERCISES**

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
  - Scapular Tightening
  - Elbow / Hand / Wrist Range of Motion Exercises
  - Grip Strengthening
  - Passive External Rotation to 0 degrees and Abduction to 45 degrees.

**POST-OP**

- You will be given one prescription for pain relief to use post-operatively:
  - VICODIN, or
  - PERCOCETBoth are strong narcotics, to be used only on an “as needed” basis for pain.
- Please hold off on taking any Anti-Inflammatories (Advil, Motrin, Aleve, etc.) for the first 6 weeks.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

**FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**