

POSTOPERATIVE INSTRUCTIONS - SHOULDER ARTHROSCOPY WITH ROTATOR CUFF REPAIR

Post-op guide

- Sling x 4 weeks (6 weeks for large tear); Pendulums at week 1
- Passive ROM @ 4 weeks
- Active ROM @ 6 weeks
- Light strength @ 10 - 12 weeks

SLING / MOVEMENT

For the first 4 weeks after surgery, wear your sling at all times including while you are asleep. You may remove the sling to shower and to perform range of motion exercises for your elbow, and the passive range of motion exercises for the shoulder. You should flex and extend your elbow and wrist 3 to 4 times a day to prevent stiffness. Do not move your elbow away from your body as this may damage the repair. **No driving** while you are in the sling.

ICE / ELEVATE

Use ice to help decrease swelling and pain after your surgery. May use at intervals of 20 minutes ON with at least 30 minutes OFF. Do not use ice while you are sleeping.

DRESSING / BANDAGES

Keep your dressing clean and dry. You may remove the dressing 3 days after surgery and replace with waterproof band-aids. Your stitches will likely be dissolvable and under the skin; leave the steri-strips in place, they will fall off after about a week. It is okay to shower and let your incisions get wet 3 days after surgery. Until then, wrap with plastic to shower. No submerging in bathtub for 2 weeks.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery. If an injection of local anesthesia was injected into your wound, this will wear off in 5-6 hours. Therefore, begin taking the **pain medication** (e.g. Tramadol, Norco, Percocet) when you begin to have pain to prevent you from having severe pain. Take the pain medication as needed, every 4-6 hours. Take a **stool softener** until you are having normal bowel movements. If you are given a prescription for **Aspirin** to help thin your blood and prevent blood clots, take as directed.

The day after surgery you can take 600 mg of **Ibuprofen** (Advil/Motrin) every 6 hours to help with inflammation and pain. This will help cut down the use of narcotic-based pain medication.

APPOINTMENT

At your post-operative visit 7-10 days after surgery, you will be given direction regarding therapy.