



# Arthroscopic Rotator Cuff Debridement

## Postoperative Instructions

**THE OPERATION** Your operation was done through the arthroscope. I looked inside your shoulder with a small telescope. Torn or abnormal tissue was removed with special instruments.

**PAIN** You will be given prescriptions for pain medicine. Have these filled at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 3 hours for pain if needed. The ice pack should be worn regularly for 48-72 hours after surgery. This will help reduce swelling and pain. After that you may wear the ice pack as much as you would like.

**BANDAGE** A soft bandage has been placed on your shoulder. It will soak up any blood or fluid. If there is a lot of water in the bandage you may change it tonight. You may take the bandage off tomorrow morning.

**WOUNDS** The 2 or 3 small holes may be sore and develop bruising over the next several days. This will go away and no special care is needed. Band-aids may be placed over the wounds for comfort.

**BATHING** It is safe to take a shower or bathe 24 hours after surgery. You may wash the incisions with regular soap and water. As the tapes over your incisions become loose you may remove them. The sutures are under the skin and they dissolve.

**ACTIVITY** No sling is necessary. You may use your arm for whatever movements and activities you desire. Pain should be your guide. If a motion is painful do not try to work through the pain. If an activity is not painful go ahead and use your shoulder as naturally as possible.

**PRECAUTIONS** If you have a temperature, severe pain, or redness in your shoulder, please contact the office.

**FOLLOW-UP** Call the office and ask for the appointment desk. Make an appointment to see me about 3-4 weeks after your surgery. Make an appointment for Physical Therapy 45 minutes after your appointment with me.