



# Arthroscopic Rotator Cuff Repair

## Postoperative Instructions

**THE OPERATION** Your operation was done through the arthroscope. I looked inside your shoulder with a small telescope. Bone spurs and scar tissue was removed and the torn tendon repaired to the bone with bone screws and sutures.

**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.

**ACTIVITY** You may bend and straighten your fingers, wrist and elbow as much as you desire. Do not raise your arm up or away from your body on your own. It is safe to write, eat and drive with your operated arm as long as there is no pain. Do not carry anything heavier than a cup of coffee with your operated arm.

**SLING** A sling is necessary to support the arm. Wear the sling as much as possible and always wear it out in public. When you are home and seated you may remove the sling and support your arm on a pillow.

**ICE PACK** The ice pack should be worn for 1 hour, four times a day for 3 days after surgery. If you are using the CPM chair, use the ice pack for 1/2 hour after each of your 4 daily chair sessions. If you have decided not to use the CPM chair, use the ice pack after each stick and pulley session. This will help reduce swelling and pain. After that you may wear the ice pack as much as you would like.

**WOUNDS** The 3-4 small holes may be sore, swell 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. To bathe, remove the sling and leave your arm by your side. To wash under your armpit, lean over and let the arm fall away from your body. **DO NOT** raise your arm! You may wash the incisions with regular soap and water. Your hand and forearm skin may be dry and peel due to the strong disinfectant soap we use at the time of surgery.

**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 2 weeks after your surgery. At the same time, make an appointment in Physical Therapy about 45 minutes after your appointment with me