

ROTATOR CUFF REPAIR: POSTOPERATIVE INSTRUCTIONS

- Diet**
- Resume regular diet as soon as possible
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- Medication**
- Take pain medication as prescribed
 - Percocet Tylenol #3 Vicodin Gabapentin Other _____
 - You may take Advil, Aleve or Motrin in addition to the pain medication, just do not take additional Tylenol.
 - Colace:** (Over the counter) take with pain medication twice a day to prevent constipation
 - You may receive a prescription for a Zofran dissolvable tablet. It is for nausea. Fill the prescription **ONLY IF** you have severe nausea.
 - _____
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- Activity**
- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the shoulder 3 times per day for 20 minutes for about 1 week or until your shoulder is feeling comfortable again.
 - **DO NOT** use heat
 - **DO NOT** actively (on your own) lift your operative arm away from the side of your body unless you are with your doctor, physical therapist, or athletic trainer.
 - **DO NOT** lift anything with your operative hand.
 - Place a pillow behind the elbow while lying down or sleeping. Sleeping in a more upright position (recliner) may be more comfortable initially.
 - Open and close your hand, flex and extend your wrist and elbow. Do each 10 times every hour that you are awake.
 - **DO NOT** use exercise equipment unless otherwise instructed.
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- Sling**
- Use a sling at all times & while sleeping until your next office visit.
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Dressing Care

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- If the dressing does get soaked with wound seepage:
 - Remove and replace with dry gauze.
 - Call your doctor's office.
- Dressing removal:
 - Remove all dressings on _____ and apply fresh gauze over the incision. **DO NOT** remove the sutures/or tape (Steri-strips) over the incision.
 - **If you had a Pain Pump** placed with your block, you can remove it by gently pulling it out and covering with a clean dry gauze when you no longer feel numbness or when you change your dressings
 - **DO NOT REMOVE** the dressings until your next office.

Showering

- You may shower 3 days after the surgery. **DO NOT** immerse the shoulder under water and **DO NOT** rub the incision. Place fresh gauze on the incisions after showering.
- You may **NOT** shower or get the dressings wet until after your next office visit. Cover the bandages appropriately when washing to keep it from getting wet.

Arthroscopic Findings

- Rotator Cuff:
 - Intact
 - Partial tear
 - Full tear
- Shoulder joint arthritis
- Acromioclavicular joint arthritis
- Joint lining inflammation (synovitis)
- Labrum (cartilage) tear
- Biceps tendon tear
- Loose body
- Signs of instability
- Other _____



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**Procedure
Performed**

- Arthroscopic joint evaluation
- Rotator cuff debridement (trimming of frayed edges)
- Rotator cuff repair
- Subacromial decompression (spur removal)
- Labral repair/Debridement
- Biceps tendon tenotomy/tenodesis
- Superior Capsular Reconstruction
- Removal of the tip of the collar bone
- Other _____

Follow-Up

- Call the doctor's appointment scheduling secretary today of the next business day to make a return appointment for _____ days after your surgery.
- Notify our office if you have:
 - **Any fever over 101.5 degrees.**
 - **Excessive bloody wound seepage.**
 - **Numbness in your arm or hand.**

Specific Instructions:
