

**Thomas Peatman, MD**  
**Webster Orthopedic Medical Group**  
**Appointments (800) 943- 8099**  
**Erica (510) 267-4018**

**Discharge Instructions for Shoulder Rotator Cuff or SLAP Repair:**

1. Take pain medication as prescribed. Medication is most effective at the onset of pain, before it gets severe. Wean to Tylenol or Advil as tolerated.
2. You may have had a nerve block. If so, expect numbness in the arm for up to 24 hours. Be careful to protect an arm that is still numb.
3. Expect shoulder swelling. Ice is the solution: Apply cold therapy using polar care unit or gel ice pad held on your shoulder with an ace bandage. Always have a cloth between the skin and ice pad, to prevent an “ice burn”.
4. Start gentle motion, with pendulum exercises only. Act as though the arm were paralyzed- let it hang from your body. Using the muscles in the shoulder could damage the repair. Stay in the sling full time except for these pendulum hangs and showering until the first visit. In the shower, keep your elbow at your side. You should actively move your wrist and elbow to keep them from getting stiff.
5. Keep all wounds clean and dry. Leave your dressing in place for 48 hours after your surgery. Then you may shower (no bath or hot tub). You may replace dressings with clean dry gauze after 48 hours, or leave them open if there is no fluid coming out. Leave the white tape Steri-Strips in place (they will not fall off).
6. Make a follow up appointment if one has not been scheduled with Dr. Peatman or Sarah for 7-10 days after surgery.
7. Call Dr. Peatman’s office promptly (510-267-4018) for any of the following:
  - \*Bright red or persistent bleeding soaking through all dressings
  - \*Unrelieved pain (not responding to ice and pain meds as scheduled)
  - \*Persistent nausea or vomiting
  - \*Temperature above 101 degrees F. Check with a thermometer
  - \*Difficulty breathing
  - \*Spreading redness and increasing pain around the incision
  - \*Numbness or tingling in the extremity which is not resolving

Resume eating with small meals of light food or soups. Encourage fluid intake. Avoid heavy or greasy food for 24 hours. You may benefit from taking Metamucil or fiber to avoid the constipation from narcotics.

Do not drive while taking narcotics. Do not drive until you have pain-free control of the arm.

Do not drink alcohol while taking narcotics.