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## **POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING ROTATOR CUFF REPAIR SURGERY**

You should have a post-op appointment scheduled for one week from your date of surgery. If you have not scheduled this appointment please call our office immediately to arrange a time when we can remove your bandages and stitches.

Special waterproof bandages have been applied to your incisions. Please leave these in place until your first post-op visit. You may shower 48 hours after surgery with these bandages in place.

You have been provided with a device that circulates cold water around your shoulder for relief of pain and swelling. Please use this device continuously for the first 3-5 days after surgery, and then any time you need it. Replenish the ice water as necessary to keep it cold.

You may gently exercise the shoulder starting the day after surgery by leaning forward at the waist and letting the arm fall forward toward the ground. The shoulder may be moved in a gentle circle (pendulum swing) to your tolerance. Otherwise, keep your arm in the sling at all times, except for exercising.

Following repair of the rotator cuff, you should not attempt to raise your arm to the front or side of your body. Your physical therapist will work with you on these movements in the first four weeks after your surgery.

Some numbness or tingling after surgery may be expected, and it may last through the next day or two, especially if you are given a nerve block. If the numbness becomes worse or increases, call the office.

Use all of your anti-inflammatories and pain medications as directed. This is particularly important for the first few days after surgery. Remember that it's always easier to prevent pain from becoming severe than it is to relieve severe pain.

Pads and wires for your electric stimulation unit were placed under your dressing. Turn the electric stimulation device on for at least 20 minutes out of every 2 hours while you're awake to relieve pain and control swelling.

If you have any concerns or questions contact our office at 839-0584.