

POST – OP INSTRUCTIONS

Rotator Cuff Repair

Wearing the immobilizer:

For 4 weeks after surgery, you need to wear the immobilizer at all times, except when showering or changing clothes. The immobilizer is best worn over your clothes for comfort.

Showering:

Remove dressing in 5 days. You may shower 5 days after surgery. The incision CANNOT get wet prior to 5 days. You may get the incision wet with soap and water; pat dry. Do not rub the incision. Carefully hold your surgery arm with your other hand for support. DO NOT lift your affected arm. Do not move your shoulder. You may stand up, lean forward and dangle your arm to wash and dry underneath your arm.

You do not need to cover the incision with a bandage unless it is draining on your clothes. A dry dressing may be applied to your shoulder if you like.

Call the doctor if you have a problem:

Call if you have a fever of 101.5 or higher.

Call if you have excessive bleeding/drainage from your incision.

Call if your incision becomes red, warm, or swollen.

Pain Medications:

Keep in mind you had surgery, and you will have pain even while taking pain medication. If you need a refill, contact us at least 3 days before you run out.

Please take all pain medication as directed. Take it before the pain becomes severe. Taking too much medication may be harmful to you.

You can decrease pain by decreasing the swelling. Use ice and lay down on the opposite side, to get your operative shoulder up above your heart.

Driving:

It is recommended that you do not drive while taking pain medication or while in the immobilizer. After the immobilizer has been discontinued, you may drive if you are sure you are safe to drive, and are able to swerve to avoid an accident. Those decisions are up to you and your family.

Call 804-828-5567 if you do not already have your 1st post-op appointment scheduled.