



CONNECTICUT  
CENTER FOR  
ORTHOPEDIC  
SURGERY, LLC

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www.OrthoOnTheWeb.com

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## SHOULDER ROTATOR CUFF REPAIR POSTOPERATIVE INSTRUCTIONS

**Activity:** After your rotator cuff repair, you will be placed in a sling or arm immobilizer. You should keep the arm **completely immobilized** until you are seen in the office and receive further post-op instructions.

**You must wear the arm immobilizer at all times (including while you sleep) for 6 weeks.  
Do not move the shoulder.**

The arm immobilizer can be adjusted if it becomes loose or uncomfortable. The wrist should be positioned so that it rests in line with your chin when you are looking straight ahead. Even with your hand in the sling, you can move the hand and wrist to minimize stiffness. Apply ice packs to the shoulder as often as needed. You may apply ice continuously if you wish. Sleep in a reclined position for comfort. Lying flat can be painful following shoulder surgery.

**Dressings:** Expect some bloody drainage onto the post op dressing within the first 24 hours. After 48 hours, you can remove the dressing cover the incisions with large Band-Aids or gauze pads and tape. If there are paper Steri-strips over the wounds, do not remove them.

**Medications:** You may resume your normal medications that you took prior to surgery. If you are able to tolerate aspirin, take one tablet (325 mg) daily until you have resumed normal activity or are seen in the office. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends. **Plan ahead.**

Medications for postoperative pain are as follows: \_\_\_\_\_ 1-2 pills every 4 hours if you have pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners. Once the nerve block begins to wear off, start your pain medicine.

**Follow up:** Make an appointment to be seen approximately \_\_\_\_\_ days after surgery. I will discuss the procedure and the findings during surgery at this visit.

**Problems:** Complications from shoulder surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero".

Call the office for a temperature over 101 degrees, pain not controlled by the pain medication, or drainage from the incision.

**CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. After hours, call the office to speak with the covering doctor.