



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Arthroscopic Rotator Cuff Repair

(Immobilization Necessary - White Immobilizer in Place)

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DIET

Resume a normal diet.

ACTIVITY

1. You may get out of bed and walk around as much as you can tolerate.
2. At first you may drive only if you have an automatic transmission vehicle and can operate it safely with one hand. As you gain mobility in the operated shoulder, you can begin to drive when you can safely operate the controls and steering wheel.

PAIN AND SWELLING

1. The first few nights after surgery it is often more comfortable to sleep in a slightly upright position, such as in a reclining chair or propped up on pillows on a couch.
2. You will be given a prescription for pain medication which may make you drowsy. Do not drive or operate machinery while taking this medication.
3. Pain, swelling and bruising is expected after surgery and will gradually subside with time.
4. Ablue CryoCuff is placed on your shoulder at the time of surgery to provide compression and cooling to the shoulder beginning immediately after surgery. You should continue to use this device at home after surgery to relieve pain. Please read and follow the instructions enclosed with the CryoCuff.
5. You may place an ice bag on top of your shoulder if desired. This often helps with any pain or swelling. Use the ice for 15 to 20 minutes at a time.

WOUNDCARE

1. Please remove the dressing the day after surgery and apply Band-Aids over small incisions.
2. The incisions will be sore and develop bruising over the next several days. The bruising eventually disappears - this does not require any special care.
3. In the first week after surgery, do not apply creams or lotions to your incisions. You can apply vitamin E to the incisions once a day which may decrease scarring.
4. As long as your incision is dry without drainage, you may take a quick shower. Replace the Band-Aids after the shower. **REMEMBER:** You may remove the shoulder immobilizer but the operated arm must remain at your side at all times.

REHABILITATION

1. You will be placed in a shoulder immobilizer after surgery. This consists of a velcro waist band and two velcro straps. The velcro strap over your upper arm should remain in place, keeping your arm at your side. The velcro strap around your forearm may be removed immediately for activities of daily living and to allow your arm to hang at your side. You will be limited to the use of your arm in the “nose to toes” triangle for 4-6 weeks after surgery.

2. You will be started on a home, self-directed exercise program at 4-6 weeks. If necessary, physical therapy is initiated at 3 months after surgery.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING

- 1.** Temperature of 101.5 degrees or higher
- 2.** Foul smelling drainage from the wounds
- 3.** Chills
- 4.** Pain not relieved by rest and pain medication
- 5.** Redness around the incisions

RETURN VISIT

You will need to visit your surgeon about a week after surgery. The appointment is usually arranged before the surgery. You will probably receive a phone call from one of our nurses the day after your surgery to check on your progress. In addition, do not hesitate to call if any problems or questions arise before your appointment.