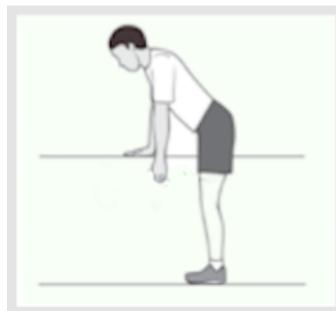




WAYPOINT ORTHOPAEDIC ASSOCIATES

POST-OPERATIVE INSTRUCTIONS PROCEDURE: ARTHROSCOPIC ROTATOR CUFF REPAIR

- **Pain Medication:** You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- **Dressings:** You may remove your dressings and apply Band-Aids to the incisions 3 days following surgery. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) At that time you may take a shower, but do not soak the incisions in a tub, pool, or body of water for 4 weeks. Change the Band-Aids after each shower.
- **Shoulder Movement:** **DO NOT** attempt to actively move or elevate your shoulder. The shoulder must remain immobilized at all times. Remain in sling and bolster pillow at all times, **even when sleeping**. This is to protect the repair and is extremely important throughout the healing process. Any sudden movements could compromise your repair.
- **Cold Therapy Machine:** If provided, begin use the day after surgery. Use it three times a day at the manufacturer's setting for one hour each session. Always make sure to apply a barrier between the cold pad and your skin. If you have not been provided with a cold therapy machine, apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake.
- **Sling:** Use sling and bolster pillow with arm held away from the body for **6 weeks**. Sling comes off **ONLY for showering** and arm must be kept in front of the body as if in a sling or hanging down as shown below **without active movement**:



- **Post-Operative Appointment:** Please make a post-operative appointment to see your 10-14 days following surgery.

- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days