

## Post-Operative Instructions

# Shoulder Arthroscopy & Rotator Cuff Repair

### Activity

- Do NOT use your arm to reach for, lift or carry anything (ie. **non-weight bearing**) until instructed otherwise.
- **You MUST remain in your sling at all times** except when showering. The only other exception to this is to allow you to stretch your elbow a few times a day to prevent your hand and forearm from swelling.
  - Be sure to support your wrist in the sling. You may adjust the height of the sling for comfort.
- Formal physical therapy will begin after your first surgical follow-up visit.

### Pain Control

- You have been prescribed a pain medication that contains a narcotic. Do not drink alcohol, drive a car or operate heavy machinery while on this medication.
  - Do NOT take Tylenol (acetaminophen) while on this medication as it may cause an overdose.
- You may take anti-inflammatory medications such as Ibuprofen or Naprosyn (with food) in addition to the pain medication.
- Apply ice to the shoulder for 15 minutes as often as every hour. You may continue this for as many days as you like.
- You may find sleeping on an incline (reclining chair) to be more comfortable for the first few days.

### Wound Care

- **You may remove the bandages and shower in 48 hours.**
  - Do NOT bathe or go swimming until the sutures are removed.
- Cover the incisions with band-aids after your shower.
- Do not apply any creams or lotions to the incisions.

### Follow-up Appointment

- Your follow-up appointment should be 10-14 days after surgery, please call the office if you do not have an appointment. We will review the findings from your surgery and remove your sutures during this visit.
- Please call the office with any questions or concerns, or if you experience any of the following: fevers (greater than 101°F), chills, increased swelling, pain, redness or increasing drainage at the incision.