



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Arthroscopic Rotator Cuff Repair

R.C. More, M.D.

DIET

You may resume your normal diet.

ACTIVITY

1. You may be out of bed and do your daily activities as tolerated.
2. The shoulder immobilizer should be placed on top of your clothing. The strap around the upper arm should be kept on at all times. The strap for the forearm can be removed as tolerated to allow movement of the elbow.
3. Remove the immobilizer when you shower but keep the arm near the side of your body when it's off.
4. You may drive when you can do so safely, maintaining the operated arm near the side of the body in the immobilizer (the wrist support can be off). Do not drive while taking the narcotic pain medication.

PAIN

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 narcotic medication which may make you drowsy. You should not drive or operate machinery while taking this medication.
3. Be sure to take the Celebrex twice a day for five days, starting on the morning of surgery with a sip of water. This greatly decreases the initial inflammation and pain of surgery (see separate handout).
4. Pain should begin to gradually subside a few days after surgery. An increase in pain may indicate that you are being too active with your shoulder and you may need to decrease your activity level.

PAIN *(continued)*

5. A blue 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. You will be given a special shoulder cryocuff which attaches to the shoulder immobilizer.

WOUND CARE

1. You may remove the bulky dressing the day after surgery and simply use band-aids to keep the incisions clean.
2. It is OK to shower the next day, if there is no drainage from the wounds, but do not take a bath.
3. The incisions may be sore and develop bruising over the next several days. The bruising eventually disappears and does not require any special care.
4. In the first week after surgery, do not apply creams or lotions to your incisions. After the staples/sutures come out you can apply vitamin E to the incisions once a day which may decrease the scarring. In the first six months after surgery, the sun can cause the scars to become darker, so use sunscreen during this time period.

REHABILITATION

1. After you see Dr. More in the office for the first visit, you will be given some simple home exercises.
2. Additional exercises or physical therapy will start between 3 - 6 weeks after surgery depending on the severity of the tear.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING:

1. Temperature of 101.5 degrees or over
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 the arthroscopy. This appointment is usually arranged before surgery. You will 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.