

**Michael J. Fitzpatrick, M.D.**  
Sports Medicine, Shoulder/Elbow/Knee Reconstruction

South Orange County Orthopaedics, Inc.  
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Mission Viejo, CA 92691  
(949) 364-2154 phone  
(949) 364-2110 fax

- \_\_\_ Rotator Cuff Repair
- \_\_\_ Bankart Repair
- \_\_\_ SLAP Repair
- \_\_\_ Subacromial Decomp.
- \_\_\_ Other \_\_\_\_\_

**Bandages:** Remove 3 days after surgery. Date \_\_\_\_\_  
You may shower and get the surgical wound wet after the bandages are removed. Do not submerge the wound (bath, pool).

**Ice Cuff:** Place over surgical site as much as tolerated during the first 2 weeks after surgery and for comfort. Use the ice cuff needed during recovery and after physical therapy.

**Physical Therapy:** If prescribed, physical therapy should begin approximately 10 days post-operatively. Arrangements for physical therapy should be made either before surgery or immediately after surgery.

**Sling:** To be used continuously during first 2 weeks after surgery. During the first 2 weeks post op, you can take the sling off to move your elbow, or to shower. When showering, keep you arm held against your body. From 2 weeks to 4 weeks post-op, the sling should be worn if it is at risk of being bumped (e.g. at work or in public), or if more comfortable. At home you can gradually stop using the sling. By 4 weeks post-op, you do not need to wear the sling.

**Follow up in the office in the office in 7- 14 days.**