



**SOUTH VALLEY ORTHOPAEDICS
& SPORTS MEDICINE**

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**POST ARTHROSCOPY INSTRUCTIONS
ROTATOR CUFF REPAIR/SHOULDER STABILIZATION**

Your Arthroscopy showed:

This was treated by:

Follow Up Appointment

A follow up appointment should be arranged at the time your surgery is scheduled. If you do not have an appointment card given to you prior to surgery, please call Dr. Harwood's office following surgery to arrange an appointment.

Pain Control

Immediately after surgery, there may be very little pain, as your shoulder has been injected with a local anesthetic. In addition, in most cases a pain pump that delivers a set amount of a local anesthetic into the shoulder is used, and will provide excellent pain control for 48 hours. Once the anesthetic wears off, or the pain pump is removed, you may begin to have pain. A prescription for pain medication has been provided for you, and should be filled. You may use aspirin or Tylenol in place of this, but most patients require a stronger medication during the initial 10 to 14 days after surgery.

In addition, it is common to experience pain when trying to lay flat following shoulder surgery. You will be more comfortable if you are able to sleep in a semi-upright position, such as in a reclining chair.

Board Certified in Orthopaedic Surgery

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Dressing

Your shoulder is wrapped with a bulky dressing. This should be left on for 72 hours after surgery. It should then be removed, taking care to remove the pain pump catheter at the same time, if one was used. At this time you may shower or bathe. Dry the incisions carefully and cover with band-aids. You may wash the shoulder daily, however you should keep the incisions clean and covered until they have healed. If there is a problem with bleeding through the dressing, or redness or drainage from the incision sites develops, please call the office.

Swelling

Your shoulder will display a moderate amount of swelling, and this is to be expected. To help control the swelling, you may ice your shoulder for 20 minutes at a time after the dressing has been removed. Swelling is common following shoulder surgery, and often lasts for a period of several days to as long as 4 weeks following surgery. Repetitive icing during this time is very beneficial.

Exercises

The following exercises will help you regain your shoulder motion after surgery, and are a very important part of your rehabilitation process. Begin exercises 1 and 2 the day after surgery. It will be several days before you can progress to the other indicated exercises. Exercises that have been crossed out should be avoided.

Formal physical therapy will be prescribed at your first postoperative visit. .

Sling Use

Following surgery you will be placed into a sling with a pad that rests against your chest wall. You are to remain in the sling for the first six weeks following your repair. You should come out of your sling to perform the exercises as discussed above, to bathe, and to stretch your arm only. The sling is meant to rest the repaired tendons and/or ligaments, to aid them in the healing process. Discontinuance of the sling earlier than six weeks may cause damage to the repair.