**SHOULDER ARTHROSCOPY-ROTATOR CUFF REPAIR**

**WOUND CARE:**

**WHAT IS COVERING MY SHOULDER?**

YOUR SHOULDER IS COVERED IN LAYERS: THE DEEPEST LAYER CONSISTS OF SMALL STERILE TAPES CALLED STERI- STRIPS THAT COVER THE PORTALS. ON TOP OF THAT IS A SMALL STRIP OF VASELINE GAUZE. THEN COME GAUZE PADS AND FINALLY FOAM TAPE AND A SLING DEVICE.

**WHEN DO I REMOVE MY DRESSINGS AND WHAT DO I TAKE OFF?**

ON THE FIFTH DAY AFTER SURGERY, YOU MAY REMOVE THE ACE WRAP, THE GAUZE PADS AND THE VASELINE STRIP. DO NOT TOUCH YOUR STITCHES. IF THE STERI-STRIPS ARE STILL ON, IT IS NORMAL FOR THEM TO BE BLOOD ENCRUSTED. YOU CAN COVER THEM WITH BAND-AIDS AND CHANGE THE BAND-AIDS DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE. IF THE STERI-STRIPS HAVE FALLEN OFF WHEN THE DRESSING HAS BEEN REMOVED, THAT IS OK. IN THIS SITUATION, COVER THE INCISIONS WITH BAND-AIDS AND CHANGE DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE.

**WHEN CAN I SHOWER?**

YOU MAY SHOWER AFTER THE FIRST POST-OPERATIVE VISIT.

**ICE**  
SHOULDER SWELLING IS EXPECTED! WE SUGGEST THAT YOU APPLY ICE TO THE TOP OF THE SHOULDER FOR THE FIRST THREE DAYS 20 TO 30 MINUTES EVERY FEW HOURS. THE ICE SHOULD BE SEALED IN A PLASTIC BAG AND THE BAG PLACED IN A TOWEL TO KEEP THE DRESSING DRY.

**MEDICATIONS:**

YOU MAY RECEIVE SEVERAL MEDICATIONS FOLLOWING SURGERY:

1. ANTI-INFLAMMATORY MEDICATION (CELECOXIB/CELEBREX) – THIS MEDICATION HELPS WITH PAIN AND SWELLING. TAKE IT AS NEEDED FOR PAIN ACCORDING TO THE LABEL ON THE MEDICATION.
2. TYLENOL (ACETAMINOPHEN) – THIS MEDICATION HELPS WITH PAIN. TAKE IT AS NEEDED FOR PAIN ACCORDING TO THE LABEL ON THE MEDICATION.
3. NARCOTIC (OXYCODONE) – THIS IS THE STRONGEST MEDICATION FOR PAIN. TAKE THIS FOR BREAKTHROUGH PAIN.
4. ANTIBIOTIC (CEPHALEXIN) – TAKE THIS REGULARLY UNTIL THE MEDICATION IS COMPLETED.

**POST-OPERATIVE EMERGENCIES & CONCERNS:**

**HEART, LUNG, CALF PROBLEMS**: IF YOU DEVELOP CHEST PAIN, SHORTNESS OF BREATH OR SIGNIFICANT CALF PAIN, YOU MUST GO TO THE NEAREST EMERGENCY ROOM.

**BLEEDING OR DRAINAGE**  
SOME BLEEDING AND DRAINAGE IS EXPECTED. IF THE BANDAGE BECOMES STAINED AND YOU THINK THAT THE DRAINAGE IS EXCESSIVE, CALL THE OFFICE.

**FEVER**  
IF YOU HAVE A TEMPERATURE GREATER THAN 101 DEGREES ON MORE THAN ONE READING 48 HOURS OR MORE AFTER SURGERY, CALL THE OFFICE.

**SWELLING**  
SWELLING IS USUAL FOR THE FIRST THREE DAYS UNTIL THE FLUID IS DISSIPATED INTO THE DRESSINGS. IF YOU HAVE NUMBNESS, COLDNESS AND TINGLING IN THE UPPER EXTREMITY, CALL THE OFFICE.

**UNRELENTING PAIN**  
IF SEVERE PAIN REMAINS 48 HOURS AFTER SURGERY, CALL THE OFFICE.

**GOING TO THE BATHROOM:**

TYPICALLY, PATIENTS WILL HAVE URINATED PRIOR TO LEAVING THE HOSPITAL. IF YOU FIND IT DIFFICULT TO URINATE WHEN YOU ARE AT HOME BY THE EVENING HOURS, PLEASE CALL US OR SIMPLY GO TO THE EMERGENCY ROOM. THIS IS TRUE FOR PATIENTS WITH OR WITHOUT A HISTORY OF PROSTATE DISEASE OR BLADDER PROBLEMS.

**WHEN CAN I DISCONTINUE MY SLING/IMMOBILIZER?**

THE SLING/IMMOBILIZER IS USED FOR APPROXIMATELY 6 WEEKS AFTER SURGERY. IT IS ALWAYS WORN AT NIGHTTIME AND OUTSIDE OF THE HOUSE. IT IS WORN FOR THE FIRST WEEK FULL TIME.

**POST-OPERATIVE HOME EXERCISES**

DO NOT DO ANY EXERCISES OUT OF THE SLING UNTIL YOU RETURN FOR FOLLOWUP VISIT AND ARE INSTRUCTED BY DR. PANDARINATH!

**WHEN DO I BEGIN SUPERVISED PHYSICAL THERAPY?**

AFTER THE FIRST POST-OPERATIVE VISIT WHEN DEEMED APPROPRIATE BY YOUR SURGEON. DEPENDING ON THE SIZE OF YOUR ROTATOR CUFF TEAR, YOUR PHYSICAL THERAPY MAY NOT START UNTIL SIX WEEKS AFTER SURGERY.

**WHEN CAN I DRIVE?**

YOU CANNOT DRIVE UNTIL GIVEN PERMISSION POST-OPERATIVELY BY YOUR SURGEON. **EVEN WITH PERMISSION,** **DO NOT DRIVE UNDER THE INFLUENCE OF YOUR POST-OPERATIVE PAIN MEDICATION!**

**IS THERE A RESTRICTION ON SEXUAL ACTIVITY?**

YES, BECAUSE OF THE RESTRICTION ON ACTIVE EXERCISE.

***OTHER QUESTIONS - GIVE US A CALL.***

***RAJEEV PANDARINATH, MD***