



Arthroscopic Rotator Cuff Repair Post-operative Orders

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You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room
- Eat your usual diet. Start with something light like soup or crackers.

ACTIVITY:

- You will do no active motion with your shoulder for 6 weeks
 - You are not allowed to actively lift your arm away from your body during this time.
 - Gentle rocking or swing of your shoulder is allowed, such as when you walk.
- You may move your forearm, wrist and elbow.
- You may use your arm for activities such as writing, eating, keyboarding, brushing your teeth, shaving, and applying make-up. Make sure your elbow is in at your side while doing these activities.
- Start doing the pendulum exercises the day after surgery.
 - Do them 3 times per day for 5- 10 minutes at a time.
 - You need to take off your sling to do these exercises.
 - Please make sure your back is parallel to the floor when doing the pendulum exercises.
- You may ice the surgical shoulder at any time to help with pain control and swelling.

SLING:

- You will need to wear your sling for 4-6 weeks after surgery.

- You may take it off for doing your therapy and exercises, showering, and getting dressed, but must have it on at all other times.
- You must sleep with it on during this time. Patients frequently find it more comfortable to sleep in a recliner or propped up on pillows for 7-10 days after surgery.

MEDICATION:

- Norco- take 1-2 tablets every 4-6 hours as needed for pain. Do not take Tylenol at the same time, as Norco has Tylenol in it.
- Naproxen- take one tablet twice a day with food. This is an anti-inflammatory medication that helps diminish the swelling associated with surgery.
- Compazine- take 1 tablet every 8 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking the Norco.
- We suggest that you take a single aspirin daily for the first 10 days after your surgery to help prevent blood clots. There is a very low risk of developing blood clots, but we still would like you to use the aspirin for prevention for 10 days.
- You may use these medications in any combination that keeps you comfortable. Please try to keep ahead of the pain. You will not get addicted to the narcotics as you have a legitimate reason to have pain.

WOUND CARE:

- Remove your dressing the second day after your surgery.
- You may shower over your wound after you remove the dressing. Do not scrub the incision sites- let the water run over them and pat them dry with a towel.
- Do not remove the Steri-strips- allow them to fall off on their own.
- You do not need to put another dressing over your wounds as the Steri-strips suffice.

DRIVING:

- You may start driving as soon as you are off narcotic medications during the day. Using a seatbelt or using turn signals may be difficult while wearing the sling.
- Please call your insurance company to make sure you are covered during this perioperative period.
- To drive, place your operative hand at 6 o'clock and your other hand close to 12 o'clock.

FOLLOW-UP APPOINTMENT:

- Make sure you have an appointment for 10-14 days after your surgery with Dr. Conner for a post-op wound check. Call 763-520-7870 to make an appointment if you have not already.
- Make sure you have an appointment with Dr. Conner 6-8 weeks after surgery. Call 763-520-7870 if the appointment is not already made.
- Make sure you have a physical therapy appointments set up to start within one week after surgery. If this has not been arranged please call 763-520-7870 to schedule. Remember to bring your physical therapy referral with you for the first appointment. This referral is attached to this paperwork.

Please call if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***