

Shoulder Arthroscopy - Rotator Cuff Repair
Post-Op Instructions
Dr. Rodriguez

- **After Surgery you will have a bandage on your shoulder and your arm will be in a Pillow sling**

- **BANDAGE:**
 - Do Not get wet
 - OK to remove bandage in **72 hours** after surgery.
 - Place Water Proof Band-Aids over the incision and OK to shower (after 72 hrs)

- **SLING** is to be worn **AT ALL TIMES** for **6 Weeks**
 - OK to remove for showers and changing clothes, then replace.

- **DO NOT move operative shoulder on your own power after surgery.**
 - For showers – you need to lean forward to allow gravity to move your arm away from your body to wash under your arm.
 - For Changing Clothes – you need to use your opposite arm to lift your operative arm slightly if needed to get shirt on. You want to put your shirt **ON** over the operative arm first and you want to take shirt **OFF** from the “good” arm first and operative arm last.
 - It is **OK** to straighten the Elbow while changing or showering.

- **Sleep at a 45 degree angle** (in a recliner or propped up with pillows) with a pillow behind your elbow for the 1st week. You may then try to sleep flat on your back as comfort allows after a week.

- **Cold Therapy Machine** Use as much as possible

- **Medications After Surgery:**
 - Percocet – narcotic pain med - as needed
 - Tramadol – mild narcotic pain med - as needed
 - Neurontin – neurologic med - 2 weeks

CALL Anne or Gwen or Topeka at 408-7845 FOR ANY QUESTIONS!

