

Home Instructions: Shoulder Arthroscopy with Rotator Cuff Repair

Name:

Date of Surgery:

Follow-up Appointment:

1. **Dressings:** Your shoulder is covered with a gauze dressing, which is held in place by clear tape. Keep the dressing clean and dry. Leave dressing on for 2/3 days post-op. You will have your first post-op visit 2/3 days after surgery and dressing will be taken down at this time. If the dressing becomes soaked, call Dr. Sladicka's office to assist in changing it.

2. **Shoulder Immobilizer:** You have a sling and bump holding your shoulder at your side. The sling is only to be removed for arm exercises and showering. It must be worn at night. The straps may be readjusted for comfort. There is a squeezable ball for hand motion and strength.

3. **Shower/Bathing:** When the incisions are dry, you may shower and allow water to run over the incisions, and then pat them dry. No showers until the incisions have stopped draining. You must do sponge baths until the incisions are dry. No baths or pools or soaks until 4 weeks after surgery. The arm is in a safe position while the hand is touching the stomach. To wash under the armpit, DO NOT raise the arm. Lean forward with the arm by your side to open up an area in the armpit to wash. Then slowly, you may lean back up.

4. **Ice:** Ice the shoulder 4-5 times per day for only 20 minutes per session. Continue for 5-7 days after surgery.

5. **Meals:** The first meal after surgery should be light and liquid as nausea may occur with a full stomach in the first 10-12 hours.

6. **Activity:** During the 10-14 days after surgery, you need to be non-weight-bearing to the arm. Again, the arm should be left in the shoulder immobilizer unless showering or doing your exercises. No elevation or lifting of the arm. Of course,

walking is encouraged and should be done daily, at least around the house.

7. Medications:

Pain Medication: Will be Norco or Percocet. Take 1-2 tablets every 6 hours as needed for pain. If you have no pain, do not take these pills.

Anti-inflammatory Medications: Examples include Aleve, Advil, Ibuprofen, Motrin, etc. These may be taken as directed for additional pain relief.

9. Exercises: During the first 4 weeks after surgery, the following exercises should be done daily.

Finger and wrist range of motion exercises: Throughout the course of the day, make sure to move your fingers and wrist. Make a fist and then open the hand fully. Bend the wrist down and then all the way back up. Also, turn the hand so that the palm faces up and then faces down. Do these twice a day to prevent stiffness in the hand and wrist. These can be done in the sling.

Elbow range of motion exercises: With the elbow by your side, bring your hand to your shoulder allowing for full flexion of the elbow. Then slowly extend the elbow out so that your arm is fully straight. Do this exercise twice daily to prevent elbow stiffness. Remember, the elbow should always stay at your side during this exercise.

10. Sleeping: A recliner chair or a more propped upright position using pillows or blankets is usually more comfortable than lying flat in bed. It is OK to sleep in your bed if that is comfortable for you.

11. Smoking/Nicotine: If you happen to use any nicotine product, including e-cigarettes and chewing tobacco, try to refrain while your incision heals. The nicotine causes a constriction in your blood vessels and is one of the main reasons for poor healing.

12. Precautions: Excessive nausea, inability to take fluid or food, inability to urinate, fevers and chills, numbness lasting more than the initial 24 hours, or increasing pain after the first two days are reasons to call Dr. Sladicka's office at 828-324-2800.