PATIENT GUIDE

After Rotator Cuff Repair

Shoulder Arthroscopy with Rotator Cuff Repair

72 DRESSING & INCISIONS

- Keep the original dressing clean and dry for 72 hours.
- After 72 hours, remove the dressing, place clean Band-Aids over the wounds, and keep the areas clean and dry.
- Do not soak or swim until the incisions are healed and you are cleared.

Rx PAIN MEDICATION

- Use Percocet (narcotic) only as prescribed for strong pain.
- Use the prescribed NSAID for moderate or milder pain. Take it with food unless told otherwise.
- Do not drive, drink alcohol, or make important decisions while taking Percocet. Do not add extra acetaminophen unless your clinician approves it.

S PROTECT THE REPAIR

- Wear the sling continuously, including while sleeping, except for hygiene and approved exercises.
- Do not actively lift the operative arm. Do not lift, push, pull, or reach with that arm.
- Support the arm when dressing and bathing. Follow any additional restrictions given by your surgeon.

ROM SAFE MOTION

- Gently move the fingers and wrist several times each day.
- Straighten and bend the elbow only as directed while keeping the upper arm supported.
- Do not begin shoulder exercises unless specifically instructed.

2W Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

Questions? Call 212-355-5555