

# POSTOPERATIVE INFORMATION

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PATIENT STICKER

## POST-OPERATIVE INSTRUCTIONS – ARTHROSCOPIC ROTATOR CUFF REPAIR

### WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2. THERE ARE WHITE TAPES DIRECTLY ON THE SKIN. THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- Apply Band-Aids to the wounds. Change the Band-Aids daily until wounds are completely dry. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice or cold therapy device 30-40 minutes 3-4 times per day until swelling is down, then as needed for pain relief.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until clear by Dr. Gamradt.

### EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest. The sling will remain on for 4-6 weeks. Sleep with the sling loosely on in a position comfortable to you.
- Please perform the exercises on the attached Home Exercise Program 2 times daily IF INSTRUCTED BY DR. GAMRADT (for larger tears, range of motion may be delayed 2-4 weeks):
  - Shoulder range of motion (forward elevation 90, External Rotation 0)
  - Elbow / Hand / Wrist Range of Motion Exercises
  - Grip Strengthening
  - Scapular Tightening

### POSTOP

- You will be given a prescriptions for pain relief for you to use post-operatively:
  - PERCOCET, a strong narcotic. Do not take Advil, Alleve or other NSAIDS until 6 weeks postoperatively as they can inhibit healing.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your wound check, 7-10 days post-operatively. Dr. Gamradt will prescribe physical therapy at this time.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**