

Post-Operative Instructions for Arthroscopic Rotator Cuff Repair

Diagnosis: Shoulder Arthroscopic Rotator Cuff Repair

Activity:

- On Postoperative Day #1 - Patient may begin Range Of Motion exercises to his elbow (In-Line Only), and fingers (Full Flexion & Full Extension for 15 minutes multiple times daily).
- Continue sling for a total of 6 weeks! May remove sling for hygiene purposes only.

Dressings:

- Postoperative Day #2 - Patient may remove dressings, wash over wound twice a day with soap, wipe dry with Alcohol.
- May apply triple antibiotic cream twice a day for the first 2 days, then discontinue.
- Cover incision during the day, and may leave open to air at night.
- Keep wound clean & dry. Do Not Submerge in Water.
- Observe for any signs of infection, and report it immediately to our office!

Therapy:

- Therapy should begin with a Physical Therapist on Postoperative Day #3 beginning with Codman's Exercises, and Impingement Protocol. NO ACTIVE MOTION, or aggressive passive motion. NO Abduction, or Lifting on your own is allowed for a total of 6 weeks!

Medications:

- Resume home medications as listed on Home Medication Form.
- Pain medication and muscle relaxers will be given to you on discharge to take as directed.
- Take Ecotrin Aspirin 325mg by oral route every morning with food for three weeks.

Follow-Up:

- 2 week follow up appointment will be given at discharge

Please call the office with any questions or concerns.

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