HOME CARE AFTER ROTATOR CUFF REPAIR AND LABRAL REPAIR

Wound Care:
1) After 3 days remove the dressing.
2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks from surgery.
3) Apply ice to shoulder for 20 minutes 3 times per day for 2 weeks.
4) Keep the wound dry until the stitches are removed.
5) Call the office if you develop any of the following:
   - Temperature over 101 degrees
   - Large amount of bleeding from incision
   - Significantly increased redness, pain, numbness, or swelling
   - Thick, yellow, or foul-smelling drainage from incision

Sling:
1) The sling is to be worn full-time (day and night) for 6 weeks. You should remove the sling during exercises.

Exercises:
1) Perform each directed exercise 3 times per day. Do 10-15 repetitions per exercise. Ice your shoulder after exercises.
2) You are not to lift your arm on your own other than directed exercises for 6 weeks. No overhead activity, no lifting, and no moving your arm away from your side.
3) Physical Therapy is an important part of your rehabilitation. PT will be arranged when you return for your 2-week post-op appointment if it hasn’t already been set-up.

Pain:
1) A prescription pain medication will be given to you before you leave the hospital.
2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
3) If you need additional pain medication call the office during office hours.
4) Some discomfort in the shoulder is expected for up to 6 weeks. Swelling in the operated shoulder, arm, and hand is often noticeable for up to 4 months.

General Directions:
1) Please contact the office, during office hours, to set up your 2-week post-op appointment.
2) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.
3) If you are having difficulty sleeping try putting pillow(s) under your surgery shoulder & arm, prop yourself up with pillows, or use a recliner.