



3030 Executive Drive, Venice FL 34292 – 941-485-1505

Post Op Surgical Packet for Arthroscopic Rotator Cuff Repair.

Additional Information about your Post Op care.

In most cases, we will have a Home Health Nurse, and a Home Health Physical Therapist come to your home. However, there are certain things you can do to participate in your own recovery. This information packet should be referred to should you have any questions, or if Home Health is not provided. The only circumstance that will prevent us from setting up home health will be your individual insurance policy. While your individual policy may state that Home Health is a benefit, if we are unable to secure an agency in the area that participates with your insurance, please follow these instructions.

Wound Care:

- After surgery, wounds are typically covered with an adhesive dressing. This will be changed the day after surgery by a Home Health Nurse. If you have to change the dressing on your own, you will want to purchase dry, sterile dressings.
- Skin stitches, or staples will be removed in the clinic.
- You may shower after surgery with a watertight dressing in place. Do not submerge the wounds in water (bathtub, pool, ocean, etc) until 6 weeks after surgery. You can discontinue the watertight dressing for your showers once your post op appointment has been completed.
- If your dressings become saturated or drainage continues beyond the first 3 days after surgery, please call the office.

Icing:

- Icing is an important part of recovery from surgery, It is used to decrease swelling and inflammation. Icing for 20 minutes several times a day will also help with pain.

Diet:

- After surgery, some patients experience nausea. This can be related to anesthesia or pain medications. It is best to begin with clear liquids, and light food. You may progress slowly to your normal diet if not nauseated.
- Patients will be prescribed anti-nausea medication after surgery. This can be used to treat nausea. If nausea or vomiting persists despite the medication, please call the office.
- Pain medication can also cause constipation. An over-the-counter laxative, high fiber diet or fruit juice may be helpful.

Medication:

- Most home medications may be resumed after surgery unless specifically directed by your surgeon.
- Patients are given pain medication for post op pain. Please take this medication as instructed to control your pain. The goal is to decrease the use of this medication as pain improves after surgery.
- Take your pain medication with food to help decrease nausea.
- Some pain medication may already have Tylenol (Acetaminophen) mixed with it. Do not take any other medication that includes Tylenol while taking these pain medications. However, if you do, please make sure to monitor the dose/mg. Taking too much Tylenol can cause liver damage.
- Pain medication can be taken prior to bedtime to help with sleeping.
- Do not drink alcohol, or drive while taking pain medication.
- Pain medication will not take away all your post op pain. It is okay and normal to have some discomfort.

Activity:

- Return to work depends on your job requirement, specifics of your surgery and pain/swelling levels. You should be off work until your first Post Op appointment and can discuss returning with your surgeon at that appointment. You will be in an immobilizer for 6 weeks, with the inability to lift anything greater than 5lbs. The no lifting greater than 5lbs remains for 12 weeks. You should consider being off work for 12 weeks.
- Physical Therapy will be prescribed to begin 6 weeks after surgery. This is an important part of your recovery, and we encourage patients to participate.
- Driving after surgery should wait until your first post op appointment. You should not resume driving until you are fully off narcotic pain medication. You will be able to use your surgical hand in the 6 o'clock position, and you will steer your vehicle with your non-surgical arm.

Reasons to call the office:

- Fever above 101.5
- Excess draining at the surgical incision after day 3 of your surgery.
- Worsening pain, not controlled with medication.
- Excess nausea or vomiting.
- Constipation that lasts more than 3 days.

You can reach the Nurse Triage desk at 941-485-1505 ext 111

Should we be unsuccessful at securing Home Health, these are the instructions to follow: (Following Pages)

Post op Instructions after Your Shoulder Surgery

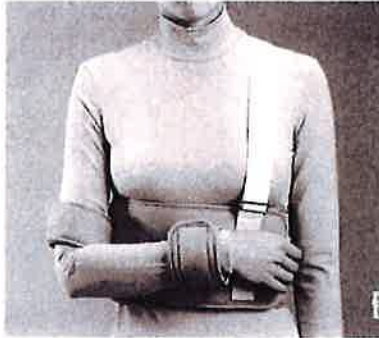
The purpose of this handout is to provide you with the simple instructions with respect to your post-operative care for the days following your shoulder surgery.

Surgical Dressing and Showers: The surgical dressing can be removed on the morning of Post-operative day #2. For example, if your surgery was on a Monday that means you remove the dressing on Wednesday morning, if on a Tuesday then remove it on Thursday morning.

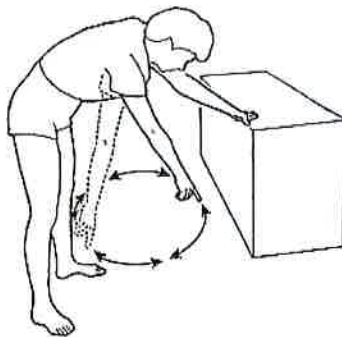
Arthroscopic Surgery Patients- If you had an arthroscopic outpatient procedure then when you take the dressing off you can just leave the 3-4 stitches uncovered and open to the air. You can begin showering normally and it is okay to get these stitches wet in the shower. You do not need to cover the small incisions/stitches at all.

Open Surgery Patients- If you had an open surgical procedure such as a total shoulder replacement or repair of a fractured shoulder that has a full incision then after you remove the surgical dressing you must cover it up the incision site with new clean gauze and tape to hold it in place. These dressing materials are available at any CVS or Walgreens. You must place a fresh dressing each day until your follow up appointment with Dr. Cuff. You can shower or bath but cannot get the surgical incision wet or submerged under water until you see Dr. Cuff in the office at your first post-operative appointment.

Sling Wear: The shoulder immobilizer/sling must be worn at all times with the exception of dressing, bathing, or when doing your home exercises (these will be described below). You can remove the sling for those activities but it should remain on at all other times (including sleeping). The sling can be worn over top of your shirt. The most important part of the sling is the portion that holds the upper arm attached to your side. This really protects the shoulder and the surgical repair. It is okay to remove the wrist portion of the sling to allow you to use your wrist and hand for basic use such as preparing meals etc. The below image shows how the sling should be worn.



Home exercises: Starting the day after surgery there are some simple home exercises that must be done each day. You are not required to go to physical therapy to do these exercises as they can easily be done at home on your own. They are called pendulum exercises and must be done **3 times a day**. Below is a diagram showing how to do them.



Remove the sling to perform these by gently leaning forward and letting the arm dangle away from your body. Move the arm in a slow, smooth, circular direction about the size of a large dinner plate (12 inch circumference). Do this for 4 minutes in a clockwise direction then switch and do these for 4 minutes in a counter clockwise direction and then stop and go back in to your sling. You may want to ice the shoulder for 10 minutes after the exercises.

Any question regarding these instructions please call our office with any concerns 941-485-1505
