



## POSTOPERATIVE INSTRUCTIONS SHOULDER ARTHROSCOPY WITH ROTATOR CUFF REPAIR

### ❖ SLING/MOVEMENT

- For the first 6 weeks after your surgery, you must **wear your sling at all times including while you are asleep**. You may only remove the sling to shower and to perform range of motion exercises for your elbow.
- You should flex and extend your elbow 3 to 4 times a day to prevent stiffness. Do not move your elbow away from your body as this may damage the repair.

### ❖ ICE

- An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

### ❖ MEDICATIONS

- If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm). Also, an injection of local anesthesia was injected into your shoulder after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.
- A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

### ❖ DRESSING/BANDAGES

- Your shoulder dressing is waterproof. You may shower the next day after surgery. Two days after surgery you may remove the entire dressing. Gently wash the wounds with soap and warm water and towel dry. You may then cover the incisions with band-aids until your post op visit.
- Do not take a bath or submerge your shoulder in water until your incisions are checked at your first post-op visit.

### ❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription to begin physical therapy.

**If you have any questions or concerns, please contact our office at (310) 860-3048.**