



ROTATOR CUFF REPAIR SURGERY

Post-Surgery Instructions and Information

Follow-up:

- Schedule 2 week follow-up with Dr. English's Office (Mountain Orthopaedics). If you have non-dissolving sutures we will remove them at this appointment
- Follow-up sooner with any questions/concerns

Therapy and Use:

- Sling at all times for 4-6 weeks. Do not lift the shoulder away from your body or up above your waist
- Our office will arrange for you to start physical therapy for you within 1 week of the surgery

Dressing and Wound Care:

- Keep dressing on and in place for 3 days
- After 3 days you can remove the dressing and shower, getting it wet. Dry and cover with a bandage as needed.
- Do not soak shoulder in tub for 2 weeks post-surgery

Pain Control:

- If you had a nerve block prior to surgery, this numbing medication can last between 12-36 hours
- Use Tylenol and Ibuprofen for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with Ibuprofen
- Take your prescription medication as prescribed
- Prescription pain medication can cause constipation, nausea, itching, drowsiness, sedation, and hallucinations. It should be taken with a stool softener (Colace) and/or laxative (Miralax)

Treating Rotator Cuff Tears:

- Dr. English will discuss with you what type of tear you have and what was repaired during surgery



When to call the surgeon:

Call your surgeon if you notice any of the following:

- White or pale-blue hand or nails (If you pinch your skin or nail and the color doesn't return)
- Redness, drainage, or other evidence of infection
- Pain that is not relieved by prescribed medicine
- Loss of sensation that occurs 24-36 hours after surgery
- Excess swelling in hand or fingers
- Fever over 100.4°F (38°C)