



Rotator Cuff Repair Discharge Instructions

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FIRST 24 HOURS:

- Have a responsible adult stay with you for the first 24 hours after surgery.
- Do not make any important decisions.
- Do not drink alcohol.
- Do not drive for 24 hours after surgery. After 24 hours do not drive until your surgeon tells you it is okay.

WHAT IS A ROTATOR CUFF REPAIR?:

A rotator cuff repair is a surgical repair of the rotator cuff (usually the supraspinatus tendon). It is performed by securing the tendon back down to the bone through the use of sutures or tacks. In addition, a decompression of the shoulder is usually performed as well. This involves shaving bone off the bottom of the acromion to make more room for the rotator cuff. It may also involve excising the coracoacromial ligament or the end of the collarbone. The cause of a rotator cuff tear varies from severe injury to wear and tear of tendon from repetitive use.

ACTIVITY

- Super Sling - While nerve block is in effect. Then wear sling as needed for comfort.
- Super Sling - Wear at all times.
- Do not push or pull.
- Do not use the surgical arm for lifting.
- Do not reach forward or to the side.
- Exercises Ordered - Start this evening. Please see enclosed exercise sheet. It is extremely important to follow the exercises ordered by your physician.
- Exercises Ordered - Start tomorrow. Please see enclosed exercise sheet. It is extremely important to follow the exercises ordered by your physician.
- Physical Therapy - Not ordered. Physical Therapy is usually ordered after your first follow-up appointment. Please check with your surgeon at your follow-up appointment to verify.
- Physical Therapy - Ordered. To start ***.

- You will find that you tire more easily during the first few days following your surgery. Be flexible, stop and rest when you are tired. Do not try to complete a large task all at one time. Ask your family or friends for assistance around the house.
- Perform ankle pump exercises 25 times per hour (flex your ankle and foot up and down) to prevent blood clots.
- Sleeping may be difficult for a while after having surgery. We recommend taking your pain medication about 1 hour prior to going to bed to help you relax, control your pain, and facilitate sleep.

*Super Sling - Choice based on MD order

*Exercises ordered and PT – specific exercise order entered here and handout given to patient

WOUND CARE:

- Bruising may appear on the skin surrounding the wound, or even on the arm below the wound.
- The hand or forearm may swell. If this happens, elevate the arm and perform grip exercises such as squeezing a rubber ball or opening and closing the hand.
- Some temporary numbness may occur at the incision site.
- Wash your hands before and after changing your dressing.
- You may shower in 48 hours. Remove all dressing, shower, pat incision dry and cover with band-aids. Arm support must be maintained at all times. If there are white steri-strips leave them in place, as they will fall off on their own in 7-10 days.
- Ice and elevate for 24-72 hours to reduce swelling and to help control pain. You have been given a Hemovac (drainage device). See attached instructions.

PAIN:

- Take your medicine exactly as it is prescribed.
- Make sure to take pain medication with food to decrease the chances of nausea.
- It is important to keep track of when and how much pain medication you are taking by writing it down.
- Do not drink alcohol while taking pain medications.
- Do not drive right after surgery or as long as you are taking narcotic medication. These medications can make you dizzy/drowsy.
- If you are having problems with pain control, contact your surgeon.
- It is OK to take over the counter NSAIDs (ie. Aleve, ibuprofen, Advil) while taking your narcotic pain medication

DIET:

Today you should begin by drinking clear liquids (water, soda tea, clear juices, Jell-O, popsicles and broth) If you do not feel nauseated, then you may try other foods that are bland (bananas, toast, noodles, crackers). Slowly resume your normal diet if you have success with liquids and bland foods. Stay away from foods that are greasy or spicy as they may make you feel sick. Your appetite may be decreased for up to a week after surgery. If you cannot eat 3 meals per day, snack often and make sure you increase your fluid intake

CONSTIPATION:

Pain medication may contain narcotics, which can cause constipation. Eat a diet high in fiber (e.g. bran or oatmeal cereal, prunes, fresh fruits, vegetables, and beans). Increase fluid intake. Consider the use of an over-the-counter stool softener. Ask your pharmacist for advice. These methods should help avoid problems with patient constipation.

NAUSEA & VOMITING:

After anesthesia and pain medication, it is not unusual to have a queasy stomach. It is more important to drink fluids to stay hydrated than it is to eat solid foods. If you have problems with vomiting, try to take small sips every 15 minutes. When you are able, begin to eat food that are bland (bananas, toast, noodles, crackers). If you continue vomiting where you cannot tolerate anything to drink, notify your surgeon.

WHEN TO CALL YOUR SURGEON:

- Tender nodes under your arm.
- Foul smelling drainage.
- Increase in temperature over 101 degrees.
- Pain not relieved by pain medications.
- Prolonged nausea or vomiting.
- If you had a nerve block and have numbness for more than 24 hours.
- Follow up with *** in 2 weeks. (651) 439-8807

IF YOU DEVELOP ANY OF THESE SYMPTOMS OR HAVE ANY QUESTIONS PLEASE CALL YOUR SURGEON'S OFFICE AT 651--439- 8807. AFTER HOURS PLEASE CALL YOUR SURGEON'S OFFICE, AS HIGH POINTE SURGERY CENTER IS NOT OPEN 24 HOURS OR ON WEEKENDS.

A High Pointe Surgery Center staff member will be calling you the next business day following your procedure to check on your progress. Emergency questions or situations should be referred to your surgeon.

Thank you for choosing High Pointe Surgery Center for your care. Our goal is always to provide you with excellent care and service. Hearing back from our patients is one way we can continue to improve upon our services. Please take a few minutes to complete our patient satisfaction survey that you may receive after your visit with us. Thank you!