



Arthroscopic Rotator Cuff Repair Post-Operative Orders

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

Diet:

- Eat your usual diet. Start with something light like soup or crackers.

Activity:

- You will do no motion with your shoulder for 2 weeks
 - You are not allowed to actively lift your arm away from your body during this time.
 - Gentle rocking or swing of your shoulder is allowed, such as when you walk.
- You may move your forearm, wrist and elbow.
- You may ice the surgical shoulder at any time to help with pain control and swelling.

Sling:

- You will need to wear your sling for 4-6 weeks after surgery.
- You may take it off for showering and getting dressed, but must have it on at all other times.
- You must sleep with it on during this time. Patients frequently find it more comfortable to sleep in a recliner or propped up on pillows for 7-10 days after surgery.

Medications:

- Resume all of your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed. If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain. If you are prescribed Percocet or Norco, these medications already contain Tylenol and you should not take Tylenol while you are taking these medications. We will refill short acting narcotic pain medications as needed. Please call Sarah at 763-302-2107 to help arrange with appropriate lead time (call when you have 10-15 pills left as opposed to 0). Narcotic prescriptions require an original signed prescription and cannot be called or faxed into a pharmacy so you will have to arrange having someone with a photo ID come to clinic to pick up the prescription in person. This does not have to be the patient.
- You may be prescribed a long acting narcotic (OxyContin/MS Contin). Please take this as prescribed. If you are having notable confusion/drowsiness/mood changes, it is usually do to this

medication and please discontinue it and take the short acting medication as needed. We do not routinely refill this medication.

- Taking an anti-inflammatory medication (NSAID) is recommended. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over the counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

Wound care:

- Remove your dressing the second day after your surgery.
- You may shower over your wound after you remove the dressing. Do not scrub the incision sites- let the water run over them and pat them dry with a towel.
- Do not remove the Steri-strips- allow them to fall off on their own.
- You do not need to put another dressing over your wounds as the Steri-strips suffice.

Driving:

- You may start driving approximately 6 weeks after surgery. You must be off all narcotic medications during the day and have reasonable use/control of the arm for driving.

Physical Therapy

- Make sure you have an appointment with a physical therapist. If you do not, please call 952-456-7000 and get in as soon as possible. If you need a referral to be seen outside of the TCO system, please call Sarah Lagarde at 763-302-2107 and she can fax a referral to the location you plan to be seen. If you are being seen within the TCO system, the referral is placed electronically.
- Continue the exercises the therapist gives you at home.

Follow-up:

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 952-456-7000 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.

Please call if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***

Nurse _____ Responsible Adult _____