Post-Operative: Instruction Arthroscopic Rotator Cuff Repair: Shoulder

Sling:
Wear your sling at **all** times after your surgery (this includes sleeping). Additionally, you should not carry anything heavier than a pencil in your hand.

Showering:
You may shower 48 hours after surgery. Please use **CAUTION!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the wound dry and apply a Band-Aid. While in the shower you must keep the arm across the front of the body as if it were still in the sling.

Sleeping:
You will most likely have difficulty sleeping in the first few weeks after surgery. Most people find it more comfortable to sleep in a reclining position. You can either sleep in a recliner chair or create this position with pillows.

Dressing:
Remove all cotton and yellow gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-Aids on your wound.

Ice:
You can ice the shoulder to reduce swelling and discomfort. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before reapplication. Avoid getting your wound wet. If you have an iceman/cryocuff you may keep this on continuously.

Follow-up visit:
You need to see the doctor about one week following surgery for your first post-op visit. At that time your sutures (stitches) will be removed. You will be given a prescription to begin exercises.

Common Concerns:
Bruising and/or swelling of the shoulder, arm, or hand are common after surgery. To relieve this discomfort it is best to ice the shoulder.

Please call if:
- Any oozing or redness of the wound, fevers (>101.3^{o}F), or chills.
- Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns please do not hesitate to call the office, 212-737-3301.