



## Shoulder Arthroscopy and Rotator Cuff Repair Post Op Instructions

### PAIN CONTROL

1. Pain medication prescribed by your doctor
2. Applying ice to the area
3. Sitting/sleeping in a recliner for comfort
4. Sling should be worn at all times even when sleeping

Dressing may be removed 5 days after surgery and you can shower over the area.

### WHAT DO I DO AFTER SURGERY?

Immediately after your surgery your arm will be in a sling. You will have clear dressings with gauze underneath covering the incision sites.

You may start to feel pain in the shoulder right away or several hours after returning home once the nerve block wears off. This pain is normal and there are several things you can do to control the pain. You may remove your dressings five days after your surgery and you can begin to shower.

### When do I schedule my follow up appointment?

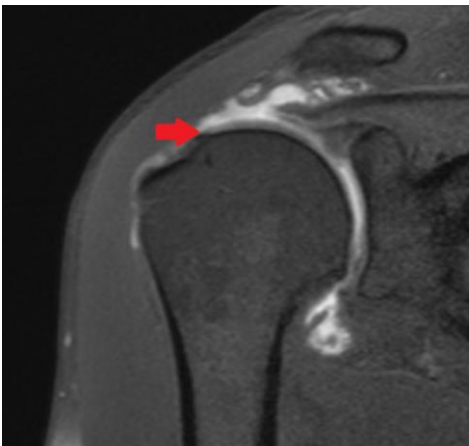
Call our office at 973-942-1315 to schedule your first follow up visit 2 weeks after your procedure. Your stitches will be removed at this visit. Your next visit will be 4 weeks later at which point we will assess your progress and begin therapy.

---

*Call our office at 973-942-1315 to schedule your first follow up visit 2 weeks after your procedure.*

---

Expect to wear your sling for the first six weeks after your rotator cuff repair. After about six weeks you will begin physical therapy that will be prescribed by your doctor as part of your recovery. Exercises will begin gradually and you will slowly progress from small range of motion exercises eventually to strengthening exercises.



MRI image of rotator cuff tear

Your Surgeon:

- Peter DeNoble, MD
- David Ratliff, MD

Schedule follow-up visit for:

\_\_\_\_\_

