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Rotator Cuff Repair Discharge Instructions

Dr. Kimberly

1. **Dressing:** Keep the dressing clean and dry. You may change your surgical dressing 48 hours after surgery. Apply Band-Aides to incision site. These can be changed daily.
2. **Showering:** You may shower after the first bandage change. Do not saturate or submerge in a bathtub, pool, dish sink, or hot tub until staples are removed.
3. **Swelling:** It is common to experience some swelling and bruising in the surgical arm and into the fingers for several days after surgery. Ice can be helpful for swelling and pain. Use for 20 minutes at a time and not directly on the skin.
4. **Activity:** Resume daily activities as tolerated. Local anesthetic is injected along the incision after surgery and tends to wear off in 1-2 days. Basic exercises and ROM to the fingers, wrist, and elbow may be started on the day of surgery as tolerated. Gentle pendulums to the shoulder may be performed. Unless otherwise mentioned, lifting over 5 lbs with the operative side should be avoided. Physical therapy should be arranged to start 1-2 days after surgery. Keep sling in place until instructed otherwise. You may find sleeping in a chair is most comfortable in the early stages of recovery.
5. **Medications:** You may be prescribed one of the following medications for postop pain. Keep in mind all narcotics will cause drowsiness. They should not be combined with alcohol or driving. Taking these medications with food is helpful to avoid an upset stomach. All home medications may be resumed.
 - a. Percocet
 - b. Norco
6. **Signs of infection:** With any surgery, it is important to be aware of signs of infection, which can include: unusual or smelly drainage (green/yellow), redness, increased tenderness around the incision, fever (101 degrees or above), or chills. Also be aware of excessive bleeding or continued numbness or tingling. If you experience any of these symptoms, call our office. There is a doctor on call 24 hours a day.
7. **Postop appointment:** A follow up visit should be arranged for 10-12 days after surgery with either Dr. Kimberly or a PA-C. Surgical findings will be discussed and wound examined. If your appointment needs adjusted or has not been made, please call 740-454-3273.

If you have any additional questions or concerns, please call our office at **740-454-3273**.