

ROTATOR CUFF SURGERY

This will be an outpatient surgery; you should go home the same day. Please refer to the St. Luke's binder for instructions on pre-operative preparation. Bring your brace and surgery binder to surgery with you. Please wear a loose fitting top.

Post-Operative Instructions:

- Do not remove the black abduction pillow from the brace! Put a dry towel with baby powder under your armpit to absorb moisture if needed.
- Do not use the muscles in your operative arm to lift your arm or lift any object (no active motion).
- Keep your dressing clean and dry until your follow-up appointment. You may remove your dressing and shower 3 days after surgery. Use your non-operative hand to wash and let your operative arm hang passively at your side. Do not soak your incisions in a bath or any other body of water.
- Apply ice at 20 minute intervals (keep your incisions dry; put a cloth between the ice and your incisions once the dressing has been removed).
- Take the pain medication regimen as directed. Try to wean off all narcotic medications as soon as tolerable. Stay well hydrated.

*Your post-operative care may vary depending on the operative findings. Shoulder, arm, forearm, hand and finger swelling and bruising are common after shoulder arthroscopy. In addition, the post-operative dressing may become soiled from fluid drainage. You may remove and replace the dressing if drainage occurs.

*Call Dr. Tony at (208)622-3311 (after hours cell phone: (208)721-2663) if you experience a fever over 101 degrees, uncontrollable pain, loss of feeling/movement in your hand or fingers (a block may take up to 24 hours for complete resolution), wound problems, severe vomiting, or difficulty urinating.