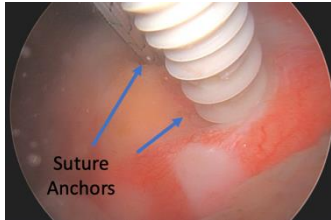




# Rotator Cuff Repair

## Multimodal Pain Protocol

### Will my shoulder surgery be painful?



Unfortunately, arthroscopic rotator cuff repair surgery is painful. Although the surgery is arthroscopic and minimally invasive, the tissues inside the shoulder (particularly the rotator cuff tendons) are very sensitive, and thus surgery can be painful. Additionally, procedures performed at the same time (biceps tenodesis, shaving of the acromion or the end of the collarbone) can increase pain from the surgery.

### What is the post-operative plan to manage my pain?

Dr. Curtis and his team try to use the latest scientific evidence and techniques to guide our surgical interventions and post-operative care. For shoulder arthroscopic shoulder surgery, we use a combination of methods (“multimodal” approach) to minimize pain post-operatively and, thus, limit your exposure to narcotic pain medication.

- Setting expectations:** anticipate pain post-operatively! Most research suggests that pain is worst within the first 5 days post-operatively and will improve after the first 1-2 days.
- Rest and icing:** take it easy after surgery! Resting and minimizing your activity will help to limit pain. Your arm should remain in your sling as instructed. Icing can be a valuable adjunct to pain management. Cryotherapy machines are available from the ROC shop or online and can help to minimize pain post-operatively. Please contact our team if you’d like assistance acquiring one.
- Nerve block:** our anesthesiologists will administer a nerve block before surgery that can reduce pain medication requirements post-operatively, particularly in the first 12-18 hours. Your arm will feel numb during that time.
- Medications:** patients will take a combination of medications post-operatively. While this can seem like a lot of different pills, it can help to limit your exposure to more harmful and addictive narcotic pain medication. Below is a table illustrating the medications you will be taking, how much you will take, how often you will take them, and for how long.

Medication	Dose	Frequency	Duration
Tylenol	1000mg (2 tablets)	Every 8 hours	First 72 hours after surgery, then as needed
Ibuprofen	600mg (1 tablet)	Every 8 hours	First 72 hours after surgery, then as needed
Gabapentin	300mg (1 tablet)	Every night before bed	First 5 days after surgery
Oxycodone	5-10mg (1-2 tablets)	Every 4-6 hours	As needed

It is important to note that there are contraindications to these medications in some patients. If you have any questions or concerns about a medication being suitable for you, please ask!