

Shoulder Arthroscopy (Rotator Cuff Repair) Discharge instructions:

General Instructions

- You will be in a sling at all times for 6 weeks. You may remove the sling to shower, do your home exercises, and when you are in physical therapy.
- You will sleep in your sling - recliners or propping up with pillows works best.
- No active motion of the arm.
- Elevate the operative extremity when you are resting to help minimize the swelling.
- Use ice to help control the swelling and pain. DO NOT USE HEAT – this will increase the swelling.
- Call the office if you develop fevers (over 100.5) or chills.
- You should have an office appointment about 7-14 days following your discharge. If you do not please call 775-786-3040.

Wound Care

- You may remove your dressings 48 hours after surgery. Your incision was closed using sutures and steri-strips. These should remain in place after removing the dressings. Do NOT peel the steri-strips off or trim the sutures.
- You may begin showering after your dressings are removed 2 days after surgery. Keep water exposure to the incision site brief and blot it dry when you get out. Do not bathe or swim or Jacuzzi (ie. Do not submerge the incision) for approximately 3 to 4 weeks.
- Do not use ointments or creams on the incision.
- Keep the incision clean and dry. Any drainage from the incision should be reported to the doctor immediately.
- You may notice some bruising around the incision and into the operative extremity. This is not uncommon and should begin to go away within the first 2 weeks after surgery.

Activity

- Estimated return to work varies depending on the demands of your job. Some ambitious patients return to desk jobs / administrative type work as early as 1

week after surgery (but usually more like 1 month). For active labor or heavy labor, it may take 3 to 6 months to return to work.

- You should do the exercises given to you at discharge until you return for your post-op visit. At that time, you may be given a new set of exercises.
- You cannot drive while in the sling (for the first 6 weeks)

Medications

- We use multiple medications (multimodal) to control pain after surgery. Below you will find these medications described in a table format. For the first 3 days, you will take tylenol and ibuprofen every 8 hours, unless you have a specific contraindication or develop side effects (stomach irritation, etc.). Gabapentin helps with pain and makes you drowsy, so this will be taken before bed for 5 days. These medications should have been prescribed before surgery for you.

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

- You were also prescribed a short acting, narcotic pain medication. It is recommended that you begin to wean off of this medication as soon as you are able to after surgery.
- You will not be discharged from the hospital with any antibiotics unless there are specific concerns regarding infection.