



Orthopaedic Specialists of Modesto

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ROTATOR CUFF REPAIR INSTRUCTION SHEET

AFTER YOUR SURGERY:

1. Your shoulder will be quite stiff and sore for the first few days.
2. Keep your arm in the sling most of the time. You may take the sling off to wash.
3. Take your arm out of the sling a couple of times a day and bend and straighten your elbow. This will improve your motion.
4. Squeeze and relax your fist often to improve circulation.
5. Apply ice to your shoulder for the first 48 hours after surgery. Wrap the ice in two bags to avoid getting the bandage wet.
6. You may use ice packs longer if they help the pain. If you have a cold pack setup, make sure it is filled with ice water.
7. The most comfortable position for sleeping is often sitting up half way. Ensure you have some way of staying in this position while you sleep. Some patients place a pillow between their arm and chest after surgery to hold their arm away from their body. It is important to have someone help hold your arm in this position when removing the sling and pillow.

PAIN CARE:

1. Some patients will have a pain buster placed at the time of surgery. This is a small catheter inserted into the area of the repair. It has a small reservoir at one end that pumps local pain medicine into the wound for 48 hours.
2. You should expect some swelling in your hand and fingers on the affected side as well as some bruising in the arm and chest area. This is normal. This will subside when you begin to move your arm more.
3. Take your pain medication as directed by your prescription. Do not wait until the pain is intolerable to take the medication. It will take between 30-60 minutes to begin working, so take it accordingly. For more excessive pain, you can combine it with

Advil or Motrin, but check with the nurse at our office prior to doing this.

IF TAKING ORAL PAIN MEDICATION:

1. Follow instructions for use printed on prescription.
2. Do not take pain medications on an empty stomach.
3. Do not drive or drink alcoholic beverages when taking pain medication.
4. If medication causes a reaction such as nausea or skin rash, stop the medication and call your physician.

DIET:

1. Drink lots of nonalcoholic liquids and then begin a light diet.
2. Resume a normal diet the day after your surgery.

WOUND CARE:

1. Remove the bandage after 3 days. The incisions may continue to ooze a small amount.
2. Leave the tape strips on the wounds.
3. Pull the clear adhesive off around the catheter and remove the small catheter. Your pain may increase after the catheter is removed.

BATHING:

1. You may take a shower 72 hours (approx. 3 days) after surgery.
2. Take your shower first then remove the bandage.

ACTIVITY:

1. Begin to gently move your shoulder as soon as you can. Your motion should improve a little bit every day.
2. Start by removing your arm from the sling and leaning over a table, allowing your arm to hang free. Gently begin drawing circles with your arm, first in one direction and then the other. Each day try to increase the size of these circles. Do these exercises 2-3 times per day.

CALL PHYSICIAN FOR:

1. Temperature above 101 degrees or severe chilling.
2. Prolonged nausea and/or vomiting.
3. Pain not relieved by oral medication.
4. Excessive bleeding or drainage on the dressing.
5. Any signs of infection at the incisions (redness, hot to touch, or tenderness). Some redness and swelling is normal.
6. Persistent numbness in your hand.

You must contact our office during business hours to have a prescription refilled or a new prescription dispensed. After hours (after 5:00 p.m. or on weekends), the on-call doctor will not give a refill or a new pain medication prescription.

•Your surgeon can be reached at 524-4438, ext. 120 or 121, if you have any of the above problems or have any questions.