



**Mufaddal M. Gombera, MD**  
*Orthopedic Surgery and Sports Medicine*  
Fondren Orthopedic Group

**Arthroscopic Rotator Cuff Repair  
Post-Operative Instructions Checklist**

**Follow-up visit:** \_\_\_\_\_

**Dressing**

Your dressing should remain intact for the first two days after surgery. You may remove the outer tape and dressings on the third day after surgery. Please do not remove steri-strips that are covering your incisions (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

**Bathing**

Please do not get incisions wet. Please cover dressing or incisions while bathing.

**Driving**

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

**Cold Therapy/Ice**

Continuous icing will help to decrease swelling and provide pain relief. We recommend icing the shoulder with an ice pack at least 3 times a day, for 20 minutes at a time. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation.

Sometimes there can be some bruising in the front of the shoulder and arm that occurs after surgery. This is expected and resolves on its own. Applying ice over the area will help it absorb quickly.

**Sling**

Wear the sling at all times, even while sleeping. You may come out of the sling to shower, however keep the arm by your side. Further instructions regarding sling use will be provided with the post-operative rehabilitation protocol.



### **Physical therapy**

For the first week following surgery you will do hand, wrist and elbow motion. You may also start pendulum exercises as outlined below. After the second week you will incorporate additional exercises. If you do not know how to perform these exercises safely, you can attend several sessions of physical therapy.

We ask during the first week following surgery that you do the following exercises at home:

- **Deep breathe and cough** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.
- **Pendulum exercises** – Pendulum exercises are generally started the second week after surgery. Bend at your waist and slowly make small circles with your operative arm with your sling on or off.

Please refer to the postoperative rehabilitation protocol for further activity instructions.

## **POSTOPERATIVE PRESCRIPTIONS GIVEN**

### **1. ASPIRIN ENTERIC COATED 1 TABLET DAILY**

Take 1 Enteric Coated Aspirin daily for 2 weeks to help reduce the risk of a blood clot from forming after the surgery.

### **2. NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN**

Do not exceed more than 4000mg of Acetaminophen per 24 hours

### **3. ROBAXIN 1 TABLET EVERY 12 HOURS AS NEEDED FOR PAIN**

For the first week after surgery. Helps with pain control and muscle spasm.

**DO NOT TAKE ANY ANTI-INFLAMMATORIES** (Advil, Aleve, Ibuprofen, etc.)

### ***Side effects of medication***

**Pain Medication** (Norco, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Norco or Tylenol #3, as both of these medications contain acetaminophen.

### **Signs and Symptoms of Complications**

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call our office at 713-794-3457. After hours, or on weekends, you may reach the on-call physician at 713-799-2300.