



WHAT TO EXPECT WITH YOUR 'SHOULDER ROTATOR CUFF REPAIR' SURGERY:

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND WHEN POSSIBLE ASK FOR CLARIFICATION IF FROM YOUR NURSE OR DOCTOR BEFORE LEAVING THE HOSPITAL.

***PLEASE DO NOT EAT ANYTHING AFTER 12 MIDNIGHT THE NIGHT PRIOR TO SURGERY.**

• **OK to drink clear fluids up to do hours prior to surgery:**

- Gatorade (recommended)
- Apple juice
- Black coffee (no creamer/or milk)
- Tea

DAY OF SURGERY:

- Prior to beginning the operation the anesthesiologist may give you a nerve block (in addition to your general anesthesia) to help decrease the post-operative pain. This pain block typically lasts 12-24 hours after surgery.
- You will be taken to the recovery room after your surgery. You will be discharged home 1-2 hours after you are comfortable. Please have someone available to drive you home, you will not be allowed to drive yourself home.
- All patients will be given provided antibiotic during surgical intervention. The risk of infection is low and no further outpatient antibiotics is indicated.
- It is important to take your oral post-operative home pain medications prior to the block wearing off. Please understand that it is normal to often experience more pain in the middle of the night or the following day, as this is the expected course of the nerve block wearing off.
- It is recommended that you "stay ahead" of the pain, and take a pain medication tablet when you get home and/or prior to going to bed.



POST-OP MEDICATIONS:

You will be given the following prescriptions at the pre-op visit for use after surgery:

*Please fill them out prior to surgery so they will be available to you post-op.

o **Percocet 10/325 mg (narcotic):** take 1-2 pills as needed every 6 hours. *The narcotics are usually needed for the first 2 weeks after surgery. After that, if pain is still an issue another non-narcotic pain medication (Tramadol) will be provided in addition to Tylenol, NSAIDs for pain control.

o **Mobic 15mg (NSAID: anti-inflammatory):** take 1 pill every 12 hours (first 2 weeks)

o **Colace 100mg (stool softener):** take 1 tab 2-3 times a day while taking the pain medications as these often make patients constipated.

o **Zofran 4mg (anti-nausea):** take 1 tab every 6 hours as needed for nausea (can be a side-effect after anesthesia)

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**

PAIN CONTROL:

- **Pain medications will be provided during your pre-operative visit.** Please have these filled out well in advance to your surgery.
- **You may receive a nerve block in addition to general anesthesia.** A nerve block helps to control pain after surgery and your shoulder may be numb for 10-12 hours. Make certain to take your prescribed pain medication before the nerve block wears off.
- **You should take your first oral pain medication when you get home** from the hospital. It will also help to take a pain medication prior to going to bed. This way you will be more comfortable and have less difficulty managing your pain.
- **Take your medications as directed.**



SWELLING:

- **It is normal to have swelling and discomfort in the shoulder for 5-6 weeks after surgery.**
- **It is normal to have some discoloration of the skin** around the incision. You may also note some swelling in the chest, arm and hand. This may last for 3-4 weeks after surgery. (Performing your exercises will help decrease this swelling)
- **Apply ice bag/ice machine to control swelling.** Ice should be applied 20-30 minutes at a time, every hour or two; put a thin towel or T-shirt next to your skin if using ice in a plastic bag. Icing is most important in the first 48-72 hours, although many people find that continuing it beyond that lessens their pain.
- **Many patients find that lying down increases their discomfort.** You might sleep better in a recliner, or propped up in bed. Many patients find it more comfortable to sleep in a recliner the first 6 wks after surgery.
- **A pillow placed behind your elbow may also help.**

WOUND CARE

- **You may remove the Operative Dressing on Post-Op Day #3.**
- Apply Band-Aids to the wounds. **Change the Band-Aids daily.**
- **You may shower on Post-Op Day #3.** Please cover the wound with a band-aide. You may remove the sling for showering, but keep a water resistant pillow under the arm to keep both the elbow and shoulder away from the body (mimicking the abduction sling). Gently pat the area dry.
- **DO NOT** soak the shoulder in water.
- **DO NOT** go swimming in the pool or ocean until your sutures are removed.



FOLLOW-UP:

- **Schedule a follow-up appointment** for your suture removal, approximately 14 days post-operatively.
- 2 weeks follow-up in the standard follow-up for suture removal and initial assessment of healing.
- If you develop a Fever (>101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- **Plan to take a few days off work. Rest is key to recovery!**
- Driving is usually safe 4-6 weeks after surgery.

REHAB:

- **Wear the sling at all times except** when doing your exercises. Duration of sling will be determined after surgery, usually 6 weeks.
- **Remove your sling 3-4 times a day** to move your fingers, hands, wrist and elbow. This will help reduce the swelling.
- **For the first 2 weeks** after surgery, you can do gentle shoulder shrugs with you sling on. No other shoulder exercises should be done for the first 2 weeks.
- **Please refer to the *MyhealthTrack* mobile application to start** your rehab process starting on the first day after surgery
- **In person Physical therapy should start approximately 2 weeks after surgery.**
- You can combine both in person physical therapy and *MyhealthTrack* to get the most out of the rehabilitation process.
- **Please confirm** that your in person physical therapy appointment is scheduled by calling 818-719-2930.

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS or QUESTIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**

Have a speedy recovery!

Dr. Reza Jazayeri MD & Staff

Department of Orthopaedic Surgery