

PERIOPERATIVE SERVICES

Post-Operative Instructions for Shoulder Surgery-Rotator Cuff Repair

PAIN:

Upon discharge, you will be given a prescription for pain medication(s). Please take the pain medication with food and as directed. You should start taking your pain medication as needed as soon as the freezing starts to wear off if you have not already done so. You should take it on a regular basis for the next 48 hours. **Do not drink alcoholic beverages or drive if you are using pain medications.**

OPERATIVE SITE:

A dressing has been applied to your incision. This dressing may be **removed** on day 4 – 5. Your wound should be kept clean and dry, change the dressing if it gets completely wet or soiled. Do not remove the steri strips that are directly on the wound. You may shower after the dressing has been removed, unless otherwise directed by your Surgeon. The immobilizer (sling) is worn for your comfort and protection. Unless directed otherwise, you must wear it at all times until you return for your follow-up visit with the Surgeon. **You must sleep with the immobilizer (sling) on.**

ACTIVITY:

Specific recommendations concerning activity and rehabilitation will be **given to you by your Surgeon. No lifting. You may begin pendulum exercises if ordered by the Surgeon.** Move your fingers for several minutes every half hour to ensure proper circulation.

DIET:

Fluids to light diet as tolerated following surgery. The next day resume your normal diet as tolerated with extra fiber and fluids as pain medications can have a tendency to cause constipation.

FOLLOW UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

Continued on other side



ADDITIONAL INFORMATION:

If you have had a long acting anaesthetic block (freezing), you may not have any sensation in your arm for up to 24 hours after your discharge. You may not have sensation to heat or cold. **You must take care to protect your arm from any injury.**

Call your Surgeon immediately or go to the nearest Emergency Department if you have any of the following:

- Excessive drainage through your bandage
- Severe pain not relieved with your pain medication
- Signs and symptoms of infection – wound red hot and swollen, yellow/green or foul smelling discharge
- Fever lasting more than 24 hours
- If you have any concerns about the freezing in your arm

Patient safety is very important to the Queensway Carleton Hospital and this information is provided to patients/families to help inform you of your essential role in your own safety.