

Camille Clinton, M.D.
ProOrtho
12911 120th Ave NE, Suite H-210
Kirkland, WA 98034
(425) 823-4000

Post-Operative Instructions

Rotator Cuff Repair

MEDICATIONS

- You will receive a prescription for pain medication. Take one tablet for mild to moderate pain and two tablets for more severe pain. You also should take an anti-inflammatory medication (ibuprofen, Naprosyn) in addition to your pain medication. If you find that you are constipated from the pain medications, please feel free to use an over the counter stool softener or laxative.

ICE

- Apply ice to the surgical site 20 minutes 4 to 6 times a day for the first week and then as needed. Do not apply ice directly to your skin and keep your incisions dry.

SLING

- You will be wearing a removable sling after your surgery. You should wear the sling at all times except for physical therapy and showering.
- You may remove the sling for showering, but do not move your shoulder.
- The sling should be removed for your pendulum exercises.
- For the first 6 weeks your shoulder should not move itself. Shoulder motion should only be done passively (someone else or your other arm moving the shoulder).

BANDAGE

- You will have a bulky bandage over your operative shoulder. This bandage can be removed 2 days after your surgery. Do not remove the steri-strips. You can apply new clean gauze or bandaids over your incisions. Keep your incisions dry until your first post-operative visit.

SHOWERING

- You must keep the incision dry to prevent an infection. It is best to take a bath for the first 2 days while the bandage is still in place. When the bandage is removed you can cover your shoulder with a plastic bag or plastic wrap (use tape if necessary) to keep the area dry. Do not apply creams, ointment or lotions to your incision while it is still healing (approximately 3 weeks).

ACTIVITY

- You must NOT raise your arm by using your own muscle power. You will perform your exercises at home 4 times a day. These exercises will consist of hand, wrist and elbow range of motion as well as specific exercises to prevent your shoulder from becoming stiff until you start physical therapy.

WHEN TO CALL

- It is normal to have some blood tinged drainage on your dressings. If you have increasing or foul smelling drainage, redness around your incisions, temperature over 101.5 degrees please call the office. If you have any other questions or concerns please feel free to call the office.