

ORTHOPAEDIC SPECIALISTS
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POST-OPERATIVE INSTRUCTIONS
ROTATOR CUFF REPAIR
SAME DAY SURGURY REQUIRES NO HOSPITAL STAY

WOUND CARE: YOU MAY SHOWER AFTER 48 HOURS, PAT WOUND DRY. IF THE DRESSING IS DAMP OR SOILED, YOU MAY REMOVE IT AND REAPPLY CLEAN GAUZE DRESSING. STAPLES WILL BE REMOVED (14) DAYS AFTER SURGERY. ONCE THE STAPLES ARE REMOVED, MASSAGE WOUND TWO TIMES DAILY WITH VITAMIN E OIL.

MEDICATION: *THE PAIN SHOULD GRADUALLY SUBSIDE.*

NORCO: THIS MEDICATION IS A NARCOTIC. TAKE (1) TABLET EVERY (4) HOURS FOR PAIN AS NEEDED. THIS CONTAINS TYLENOL; DO NOT TAKE ANY ADDITIONAL TYLENOL WHILE ON THIS MEDICATION.

VISTARIL: THIS MEDICATION IS USED AS A MUSCLE RELAXER. TAKE AS DIRECTED FOR PAIN RELIEF. YOU SHOULD TAKE THIS BEFORE BEDTIME AND BEFORE THERAPY. TAKE WITH OTHER MEDICATION FOR EFFECTIVE RELIEF.

MOTRIN: OVER THE COUNTER PAIN RELIEF. YOU MAY TAKE THIS IN ADDITION TO THE OTHER PAIN MEDICATION 600 TO 800 MG EVERY (6) HOURS.

STOOL SOFTENERS: SENOKOT-S. TAKE (2) TABLETS (2) TIMES DAILY WHILE YOU ARE TAKING PAIN MEDICATION.

YOU WILL BE IN A SLING FOR (6) WEEKS FOLLOWING YOUR SURGERY. DO NOT LIFT ANYTHING WITH THE SURGICAL SIDE. STRENGTHENING EXERCISES WILL BE STARTED AFTER (6) WEEKS. IT IS IMPORTANT TO FOLLOW YOUR PHYSICAL THERAPY ORDERS.

SWELLING AND BRUISING IS COMMON, THE SWELLING USUALLY SUBSIDES OVER (1) WEEK AND THE BRUISING TAKES ABOUT (2) WEEKS

APPLY ICE AS MUCH AS POSSIBLE, AT LEAST FOR ½ HOUR EVERY HOUR FOR THE FIRST 72 HOURS AND AFTER EXERCISES FOR (6) WEEKS

IF YOU HAVE ANY QUESTIONS OR PROBLEMS FOLLOWING YOUR SURGERY PLEASE CALL OUR OFFICE #651-389-0189 AFTER HOURS NURSE ADVICE LINE #651-982-7700 POST-OPERATIVE APPOINTMENT: IF NOT ALREADY MADE PLEASE SCHEDULE WITH OUR OFFICE FOR APPROXIMATELY 2 WEEKS AFTER YOUR SURGICAL PROCEDURE