



Rotator Cuff Repair

Before Surgery

The night before surgery you can eat and drink until midnight. After midnight, do not drink or eat anything until after your surgery is over. If you have questions about medications that you take in the morning, ask our office for direction.

Recovery after surgery

You will probably have a pain pump, a polar care and an ultra sling on when you wake up.

- Pain pump- a small catheter coming from your rotator cuff into a small pump that keeps your shoulder numb, decreasing the amount of pain. This will be removed three days later by a nurse in your home.
- Polar care- a constant automatic cold pack that decreases swelling and pain. Use this three times a day for the first week after surgery.
- Ultra sling- A large sling with pillow that must be worn for the first 6 weeks after surgery. The only time you are to take this off is when you get into the shower. Yes, you have to wear it even when you are asleep.

To keep you comfortable, you will be given a prescription for narcotics, ie. Lortab, Percocet, etc. Make sure and take these 1/2 hour before going to physical therapy.

Activities

- Immediate post op pendulum exercises.
- Physical therapy will start one week after surgery.
- 1st-6 weeks passive range of motion only. Passive means you do not move the arm. Let the therapist do this.
- Next 6 weeks active and passive range of motion, no strengthening. Active means you start moving the shoulder using your own shoulder muscles.
- At 3 months begin strengthening program.
- At 4 months resume regular activities.

If you will follow the above guidelines your surgery will have a higher success rate. For more information, check out: <http://www.orthoinfo.org/>

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