

ROTATOR CUFF REPAIR/SHOULDER DECOMPRESSION
DISCHARGE INSTRUCTIONS

1. Your surgical dressing should remain in place until your first follow-up visit with Dr. Padavano. The dressing is rather bulky; please do your best to keep clean and dry. You may take a shower 48hours after surgery, but once again the dressing must stay dry. Try covering with saran wrap while taking a quick shower. DO NOT SUBMERGE INTO DIRTY WATER: hot tubs, whirlpools, swimming pools, lakes, etc.!!
2. Your sling/pad should remain in place at all times, with the exception of bathing and dressing. At your first postoperative visit we will discuss how often and how long you will need your sling.
3. A cryo-cuff will be placed on your shoulder. Please keep this in place for the first 48 hours, after that you may use to decrease inflammation/pain following surgery. Often, just icing down with a small bag 20min every hour is sufficient. After 48 hours it is really just used for comfort/pain reduction on an individual basis.
4. On the first day after surgery, it is important to release your forearm from the sling in order to do wrist and elbow motion. Squeezing a small soft ball is helpful to alleviate swelling and stiffness of the wrist and fingers. You will start range of motion exercises after your first post-op appointment.
5. You will be prescribed a narcotic following your surgery. It is best to take this medication with food. It is expected to reduce but not completely take away discomfort; it is not a substitute for proper rest and elevation. Often adding a regimen of Ibuprofen will help with inflammation after surgery, allowing the pain medication to be more effective. Please be sure to discuss with the doctor if you have concerns about ibuprofen. While taking pain meds you should not drink alcohol, drive, or other activities which could be risky if your judgment/reaction time is impaired.
6. You should have your first appointment with Dr. Padavano 5-6days following your surgery. If you were not given an appointment be sure to call the office for one.
7. You should plan on sleeping in a recliner chair or propped up in bed for several days following your surgery. It is common to feel the most discomfort when lying down to sleep at night.
8. Outpatient physical therapy generally begins 7-10days post-op and continues for 4-12 weeks post-op based on your progress and surgical procedure performed.
9. IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL THE OFFICE AT 773-7428!!!!