

### Shoulder Arthroscopy and Rotator Cuff Repair

#### Post-Operative Day #0-10

- Ice and immobilizer – Ice for about 20 minutes/hour while awake
- You may remove dressings and may shower on day 2. Cover wounds with Press’N Seal (available at grocery store or pharmacy). No baths!
- Replace dressings with dry gauze or band-aids
- Pain/sleeping medications as needed
- May come out of sling for motion of the elbow, wrist and hand with shoulder at your side
- No therapy or use of the shoulder until office follow-up
- Avoid NSAIDs (Ibuprofen, Motrin, Aleve, etc.) until cleared by your doctor

#### After first post-op visit:

- Continue wearing the immobilizer – expect 4 weeks in immobilizer followed by 2 more weeks in the sling
- Wean off of narcotics
- Will start formal physical therapy focusing on passive motion only for first 4 weeks
- Progression to active assist motion under the direction of the therapist after 4 weeks
- Continue ice, especially after activity/physical therapy
- Driving generally is OK when off of all narcotics. This may be a prolonged period of time due to restrictions on shoulder motion and depending on which extremity was repaired.
  - Important that you not be physically limited due to your surgery if you are going to drive
- Expected recovery after rotator cuff repair generally will be at least 3 months long