



CONCORD ORTHOPAEDICS

Rotator Cuff Repair/Postoperative Instructions

Peter G. Noordsij, M.D.

General:

- keep shoulder immobilizer on until follow-up visit
- do elbow, wrist, neck exercises 3 times/day for 10-15 minutes
- you may be more comfortable sleeping in a recliner or more upright during the first few days after your surgery
- ice to the shoulder will help, particularly during the 1st 2 days after surgery

Pain Medication:

- take pain meds as outlined on bottles
- it is important to begin taking your pain medication early after surgery
- **do not wait until your block wears off** as it will be difficult for you to “catch up” with the pain
- if pain is not adequately controlled or nausea and vomiting persist, call the doctor as changes in medication may help to alleviate both problems

Activity:

- you may remove “front” of immobilizer 3 times/day to straighten your elbow
- avoid any ACTIVE use of the operative shoulder
- the sling/immobilizer will be necessary for 4 to 6 weeks after surgery

Bandage:

- after 48-72 hours, it is OK for you to change the bandage to a smaller dressing
- please keep the incisions covered until your return visit
- you may shower with the incision covered after 3 days, place a new dry, clean dressing after shower (band-aids over small incisions OK/ no ointments)

Please call our office with any questions or concerns during business hours (603-224-3368 or 800-660-2672). After hours, there is always a physician available for questions/advice at the same number

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