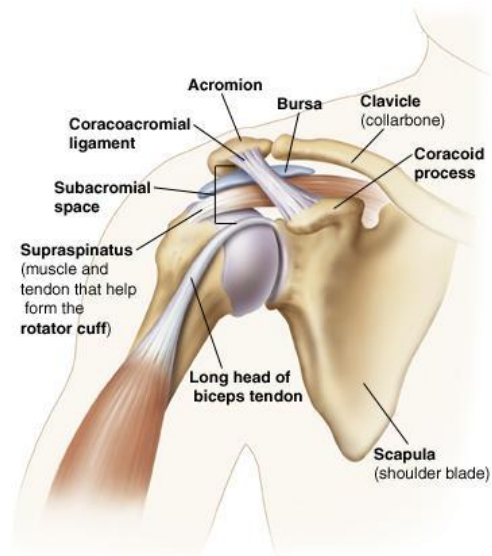
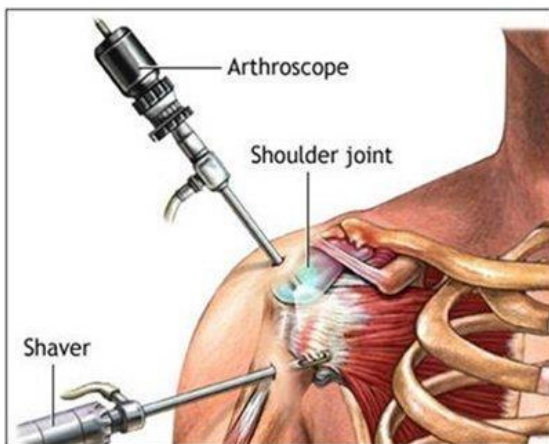


Shoulder Surgery—Rotator Cuff Repair

Procedure:

- ❑ A small port hole incision is made in the front and back of your shoulder. The scope is then placed in one incision and a shaver is placed in the other.
- ❑ The shoulder is examined through the scope to identify what needs to be repaired in your shoulder.
- ❑ The shaver is used to remove any inflammation, loose bodies and debris within your shoulder.
- ❑ Depending on your surgeon's technique, the remainder of the procedure may be completed through one or two more arthroscopy holes, or it may be completed through a 2-3 inch sized incision on the top of your shoulder.
- ❑ The bone at the roof of your shoulder called the acromion (part of the scapula), is shaved to provide room for the rotator cuff tendons to glide more smoothly as your shoulder moves.
- ❑ If arthritis is present on the end of your clavicle, this is removed as well.
- ❑ The bursa, the inflammatory tissue on top of the shoulder, is then removed.
- ❑ The biceps tendon is identified. If this tendon is inflamed or moving out of place, the tendon is taken from its original attachment point and sewn more securely to the capsule of your shoulder or anchored to the humerus bone.
- ❑ If a rotator cuff tear is present, this is repaired using suture material and/or anchors depending on the size and location of the tear.
- ❑ All incisions are washed out, closed with suture, and a dressing is placed.
- ❑ The patient is placed in a sling.



What to Expect: Rotator Cuff Repair Post-Operative Instructions

- Following surgery, you will be given discharge instructions which provide information regarding when to schedule your follow up appointment. Please refer to the discharge instructions for details.
- Post-Operative Dressing: Your incision will be covered with a water-proof dressing. You will also be placed in a sling.
 - You may shower with your dressing on but **DO NOT** submerge dressing under water.
 - You **ARE NOT** to remove the dressing unless otherwise specified by your physician.
 - Please refer to discharge instructions provided on day of surgery for details.
- Nerve block: Your nerve block (arm numbness) will wear off in as little as 2hrs up to 24hrs.
- Pain Control: Please refer to discharge instructions provided on day of surgery for details.
- Edema (swelling): You may apply ice over dressing for 10-20 minutes at a time to help with pain and swelling.
- Movement: Once the nerve block has worn off, you may remove your sling to move your elbow, forearm, wrist, thumb and fingers throughout the day 10 repetitions per waking hour. Keep your elbow resting at your side while performing these exercises to avoid moving the shoulder. You may complete cradle pendulum exercises with your shoulder which will be provided with your discharge instructions.
 - **NO** active movement the surgical shoulder
 - **NO** lifting, pushing or pulling with your surgical arm
- Diet: No restrictions as long as you are not nauseated and are able to swallow without difficulty.
- Driving: No driving until cleared by your physician
- At follow up appointment, stitches will be removed and you will be given a therapy prescription.

NOTE: The above information may vary based on your surgical procedure. Your doctor will provide specific instructions after surgery. Please refer to discharge instructions issued on day of surgery for details.