Rotator Cuff Repair/Labral – post op handout

Following rotator cuff surgery you may have a bulky dressing, this will be changed to a smaller, water resistant dressing before you leave to go home. You will be shown some gentle range of motion exercises to continue with once you leave the hospital. Please phone the rooms to make an appointment 7-10 days postoperatively to remove sutures. Keep your dressings dry and intact until then. Continue to wear the sling.

Whilst your shoulder is healing you may experience pain and discomfort, this is normal. Pain relief, anti-inflammatory and antibiotic medication may be prescribed for you post operatively.

Shoulder swelling is inevitable following any shoulder surgery. Shoulder swelling can be controlled by icing the joint for 20 minutes, 3 times per day with gel packs, ice packs or a plastic bag with ice wrapped in moist towels will all work effectively.

Please phone the rooms on 9381 3084 to book an appointment 1 week following discharge to remove stitches and receive further post operative instruction.

The sling will need to be worn consistently for 6 weeks to keep the arm in a correct position

Any stress to the shoulder could rupture the tendon repair

DO NOT actively move the arm except using your other arm or with the physiotherapist instruction

A physiotherapist will see you in hospital to give instruction on exercises to continue with once discharged. An appointment may be required with a physiotherapist following discharge to design a rehabilitation program to suit you. Mr Kozak will discuss this further if required.

IF YOU DEVELOP A TEMPERATURE OF OVER 38.5°
SWELLING OR DISCOMFORT WHICH PERSISTS
OR WORSENS DESPITE ICE AND REST AND PAIN MEDICINE
OR EXCESSIVE BLEEEDING NUMBNESS, TINGLING,
REDNESS OR SWELLING

PLEASE CONTACT THE OFFICE OR THE HOSPITAL