

**POST-OPERATIVE INSTRUCTIONS**  
**ROTATOR CUFF REPAIR**

1. Please change the bandage on post-operative day #2.
2. Keep the wound covered with a bandage for 3 days. Do not remove the tapes on your incision. Please do not use bacitracin or other creams under the bandages. Use ice or polar care machine 4 times each day for 30 minutes and after each time you do the exercises.
3. You may shower on post-operative day #4. Please do not soak the shoulder (no baths, no hot tubs or swimming). Cover the shoulder with plastic wrap or saran wrap and secure it with tape in order to keep incisions dry. Wash the armpit area daily with sponge.
4. Your sling must be worn for 6 weeks, to provide both comfort and support. The cushion is meant to remain between your body and your elbow.
5. The sling may be removed intermittently to allow passive range of motion of the elbow. Use your non-operative arm to slowly lift and lower your operative arm, bending at the elbow. You may exercise your hand by squeezing a tennis ball.
6. You may come out of your sling to do pendulum exercises twice daily to avoid stiffness of your shoulder. Simply let your arm dangle to the floor and move your hand in a circular motion no larger than a diameter of a tennis ball.
7. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow or some patients prefer sleeping in a recliner. This will prevent excessive pulling on the suture line.
8. Please call the office to schedule a follow-up appointment 14 days after your surgery.
9. If you develop a fever (101.5F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
10. Button down shirts or a shirt spilt up the side are the easiest to wear the first few weeks with the sling.
11. Pain medications such as Norco will be given for post operative pain. They are to be taken on an as needed basis.

**If you have any questions, please feel free to call or email our office.**

**Biceps Tenodesis:**

- **ONLY passive Range of Motion of the arm for 2 weeks.**
- **No active Range of Motion for 6 weeks.**