



## **ORANGE COUNTY ORTHOPAEDIC GROUP**

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

1. Remove bandages 3 days after surgery
2. Okay to shower after 3 days; do not rub incisions
3. Apply band-aids to incisions after showering
4. Use cold therapy device or ice packs over shoulder 30 minutes at time, 5 times a day
5. Beginning on day after surgery, please have assistant raise arm to 90 degrees in the forward, side, and back directions. Do this 15 times, 3 times per day. **DO NOT LIFT ARM ON YOUR OWN.**
6. Formal physical therapy will begin after your first follow-up visit
7. Make an appointment for follow-up visit 7-14 days from surgery
8. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the shoulder, swelling and pain in the arm, or have any other questions or concerns.
9. See you soon!