

HOME CARE INSTRUCTIONS ROTATOR CUFF REPAIR

Telephone: 8236 4171

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Wound Care:

You will have an incision approximately 6-8cm long on the top of your arm and another keyhole incision at the back of your shoulder.

It is very important to keep your wounds dry, clean and covered with a sterile dressing for at least 7 days. It is not unusual for a small amount of blood, pinkish or clear fluid to leak out of your incision site during the first week or so. If your dressing gets wet or has been soiled by seepage from your wound replace the dressing with another sterile dressing. After 7 days your dressing may be removed if your incision sites are not leaking fluid.

Your stitches are under the skin or are absorbable and do not require removal. There will be some steri-strips across your incisions to support the skin edges while it heals and these will be removed when Dr Pope or his nurse checks your wounds at your post operative visit.

It is normal for your arm and shoulder to be swollen post surgery. Bruising will appear down your arm and on your chest a couple of days after surgery.



Pain:

It is expected that you will feel pain in your shoulder after you get home. It will be at its most severe for up to 10 days and then gradually reduce. It is important that you take your prescribed medications for pain to ensure that your shoulder will be as comfortable as possible. Sleeping will be difficult and you may need to sleep upright on pillows or in a recliner chair. This helps reduce the discomfort in your shoulder. Cold packs, rest and massage of your neck and shoulders will also assist.

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Sling:

You will need to wear your sling for 6 weeks following surgery. The sling is necessary and important to reduce movement of your shoulder to allow the rotator cuff tendons to heal back onto the bone. It will also assist you with the pain you feel during the first 2 weeks. The sling must take the whole weight of your arm and your shoulders should be relaxed. You must always wear your sling when you sleep and travel in a vehicle. When you come out of your sling to do your exercises or shower remember to move your elbow, wrist and fingers so they do not get stiff.



Exercises:

Follow the exercises in the booklet that you have been given by the physiotherapist. Do not work through a pain threshold with these exercises; work to your own level of comfort.

Contact Mr Pope's office if experiencing:

- Increasing pain and swelling
- Increasing redness or leakage from wounds
- Fever or chills
- If experiencing any of the above during office hours (8.30am to 5pm), you can contact Dr Pope's office on 8236 4171 or contact our after hours number on 8236 4100 if outside office hours.

Do not hesitate to contact Mr Pope's office at any time for any other questions or concerns.

