



## Post-op Instructions for Rotator Cuff Surgery

### Dressing Changes:

1. You may shower 3 days after surgery. Otherwise, keep the incision clean and dry.
2. Prior to shower, you should cover the incision(s) with waterproof dressing(s). These can be obtained from your local pharmacy, HEB, Walmart, etc.
3. After the shower, you should change the dressing.
4. You will notice a mesh-type dressing over the incisions. This will fall off on its own. DO NOT pull off.

### Shoulder Immobilizer:

1. Shoulder immobilizer should be worn at all times other than to shower. You will be in the shoulder immobilizer for 4-6 weeks (per Dr. Sayeed's/PA Sandquist's discretion).
2. The picture below is a good example of positioning of shoulder immobilizer. If you are unsure if you are wearing your shoulder immobilizer correctly, please call the office.



3. You should wear the shoulder immobilizer when you sleep as well. It is best to do this in a recliner or with an inclined bed or with multiple pillows behind your back.

### Exercises:

1. If Dr. Sayeed/PA Sandquist allow you to do exercises, you may begin exercises 10 days after surgery. You are only allowed to do these if your surgery was arthroscopic.
2. You may remove your shoulder immobilizer to do pendulum exercises as well as straighten your elbow a couple times a day to prevent stiffness.
3. Afterwards, put your shoulder immobilizer back on.

Link for shoulder pendulum exercises:

<https://www.youtube.com/watch?v=S0bIH3d9xyI>

### Pain Control:

1. Take your Tramadol or Tylenol #3 with Codeine (Acetaminophen/APAP with Codeine) every 6 hours. If pain is not well controlled with one tablet, you may increase to 2 tablets.

\*Note: If you have any questions, you may call the office at (210)696-2663.