

Arthroscopic rotator cuff repair discharge instructions

Activity

- As tolerated and as directed by Dr. Jernigan
- DO NOT lift the arm away from the body
- Use arm sling unless awake with arm in the lap
- Ice pack to the area as needed for up to five days if you are using an iceman device please follow those instructions
- Bath or shower is ok and sling may be off for bathing

Diet

- Clear liquids until no nausea or vomiting
- Advance to regular diet as tolerated
- If nausea and vomiting occurs, use the Phenergan prescription you were given by Dr. Jernigan. If the Phenergan does not work please call our doctor on call

Pain

- Expect to have a moderate amount of pain
- Pain medication as directed by the prescription you were given
- Remember that it often helps to take acetaminophen with your pain medication if your medication does not already contain acetaminophen. You may take up to six extra strength Tylenol or up to nine regular Tylenol per 24 hours if your medication DOES NOT already contain acetaminophen
- You may also use Ibuprofen 800 mg every six hours or Aleve 440 mg every eight hours in addition to your prescribed pain medicine

Dressing Care

- No I need to change you're dressing before your follow-up visit, However you may remove it all in four days if you would like it off
- It is waterproof so it is ok get in the shower

Call your doctor if

- Excessive bleeding that does not stop after holding mom pressure over the area
- Temperature of 100.5 degrees F or greater
- Redness, excessive swelling or bruising, and/Or Green or yellow, Smelly discharge from incision
- Any color, temperature, or sensation changes in operative arm/hand

Anesthesia

- For the next 24 hours do not drive, drink alcoholic beverages, or make important decisions
- Plan to stay tonight within one hours drive from the hospital
- Be aware of dizziness following anesthesia and while taking pain medications
- Use the incentive spirometer every hour when awake until 24 hours after your surgery

Medications

- Continue home medications as previously prescribed