



## Pinnacle Orthopaedics Rotator Cuff Repair Discharge Protocol

### GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for at least 24 hours
- Do not consume alcohol, tranquilizers, sleeping medications, or any non prescribed medication for at least 48 hours
- Do not make important decisions or sign any important papers for at least the next 48 hours
- You should have someone with you at home tonight. Children may appear flushed for several hours after surgery

### ACTIVITY

- You are advised to go directly home from the hospital. Restrict your activities and rest for the day. Resume light to normal activities tomorrow.
- On postoperative day 2, you will initiate the elbow range of motion protocol. 4 times a day, you will remove your arm from the sling to work on 20 minutes of elbow, wrist, and hand range of motion. This can be associated with breakfast, lunch, and dinner as well as shower time. **Do not get a stiff elbow.**
- Your **Rotator Cuff was repaired today.** You are to maintain your sling 24 hours a day, other than the range of motion protocol of the elbow listed above. **No shoulder motion until you are seen postoperatively.**

### FLUIDS AND DIET

- Begin with clear liquids, bullion, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire.
- Greasy and spicy foods are not advised for today.

### MEDICATIONS

- Take over the counter medications such as Tylenol, Motrin, or aleve (unless contra-indicated) to help reduce postoperative pain and swelling.
- Prescriptions sent with you. Use as directed. When taking medications, you may experience dizziness or drowsiness.
- Do not drink alcohol or drive when you are taking these medications.
- You may resume your daily prescription medication schedule.

### OPERATIVE SITE/ PROCEDURE

- Keep dressing clean and dry for 2 days then remove the dressing.
- May wash over the incision with soap and water in the shower in 2 days. NO BATHS, NO SOAKS, NO HOT TUBS! Place a new bandage or band aid over operative sites after showering.
- Keep incisions covered while any drainage is present.

### EXTREMITIES: ARMS, HANDS, LEGS, FEET

- Keep operative extremity elevated as much as possible to lessen swelling and discomfort.
- Non weight bearing of operative extremity.

### NORMAL SIGNS/ SYMPTOMS POST PROCEDURE

- "Feelings" of tiredness / mild disorientation
- "Feelings" of nausea or lack of appetite may also experience some minor episodes of vomiting
- "Feelings" of soreness/discomfort/pain, which should be relieved by medication
- "Feelings" of numbness or tingling may last for an acceptable period, depending on your surgical procedure
- "Normal" to have small amounts of drainage at incision sites. See specific instructions on the follow up care.
- "Normal" for an operative site to appear slightly swollen and pink.

### FOLLOW-UP CARE: SPECIFICALLY WATCH FOR:

- Fever over 101 degrees by mouth.
- Increased redness, warmth, hardness and around operative area
- Inability to urinate
- Blood soaked dressing
- Swelling around operative area
- Increasing and progressive draining from surgical area or exam site
- Pain not relieved by medication
- Numbness, tingling, cold fingers or toes
- Persistent nausea and/or vomiting; unable to retain fluids

**Call your Pinnacle Orthopaedics if you have any problems that concern you.  
IF YOU NEED IMMEDIATE ATTENTION, GO TO THE NEAREST EMERGENCY ROOM OR CALL 911**

**An appointment for your post-op checkup has been made for: \_\_\_\_\_**

**I have received a copy of these discharge instructions:**

**Patient/Responsible adult signature \_\_\_\_\_**