

Rotator Cuff Repair Instructions

Dr. McCormick

What to Expect After Rotator Cuff Repair

Restrictions

For the first 6 weeks you may use your hand for writing and typing
You may drive when out of sling, usually at 6 weeks post surgery
you must be able to react quickly so try it in an empty parking lot if unsure.

Surgical site care

keep your initial dressing dry
it is normal to notice some drainage/discoloration of the dressing
remove dressing after 3 days and apply supplied island dressings, do not remove tapes
you may shower with the island dressings on but do not scrub the area

Pain management

Rest wear the sling for 6 weeks
remove the sling 3 times per day to:
move your hand, wrist and elbow to keep these from getting stiff
do shoulder pendulum exercises
the sutures holding your repair are not strong enough to withstand the force of normal use

Ice 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650

Follow-up clinic visit

usually at 2 weeks after surgery
we will check your surgical site, review arthroscopic pictures and answer any questions you may have

When to call the office

reactions to medications
dressing discoloration spot greater than 4"
suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

0-6 weeks	control pain, maintain some mobility through pendulum exercises
6-12 weeks	regain range of motion
>12 weeks	start strengthening with Physical Therapy return to activities as strength and motion allow

www.mccormickortho.com for more information more educational videos and postoperative protocols