

DISCHARGE INSTRUCTIONS FOR ROTATOR CUFF REPAIR

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MOVEMENT/MOBILITY:

- **NO** lifting, pushing, or pulling.
- Keep your immobilizer on at all times **EXCEPT** for showering and your prescribed arm exercises and/or as your doctor instructs.
- **ALWAYS** use your non-surgical arm to support your arm when showering or anytime you are out of the sling. It is very important that your arm **ALWAYS** be supported.
- **DO NOT** actively lift your arm above your shoulder.
- **DO** exercises per your doctor's instructions.
- Sleep with pillows supporting your arm and shoulder. **DO NOT** lie flat.
- Move your fingers and wrist ten (10) times an hour while awake. Keep your lower arm supported at all times with your immobilizer.
- If you are unsure whether or not an activity is safe to do with your arm, call the clinic or your doctor for more information.
- **NO** driving for six (6) weeks.
- Do not drink alcoholic beverages for the next 24 hours or while take narcotic medications.
- Do not make any important decisions or sign important papers for 24 hours.

SKIN CARE:

- Clean your arm and underarm with soap and water daily – **DO NOT** soak in the tub or keep your incision area wet.
- **NO** shower for four (4) days.
- You may shower after one week **IF** the incision is not draining.
- **DO NOT** raise your affected arm – use your other arm to gently clean your affected arm and dry thoroughly.
- If perspiration is a problem, keep a gauze pad under your arm to absorb sweat and to keep your skin from becoming irritated.
- Dressing changes as per your doctor's instructions. **DO NOT** put lotions, creams or anything else on your incision unless instructed to do so.

Patient/Representative Signature

MD/Nurse Signature

Date