



Discharge Instructions After Shoulder Arthroscopy or Rotator Cuff Repair

FOLLOWING YOUR PROCEDURE YOU MUST REMEMBER...

- It is preferable to rest for 24 hours following the procedure.
- Do not drive any vehicle, ride a motorcycle or operate heavy machinery for 48 hours following the procedure.
- Do not drink alcoholic beverages (beer and wine included) for 24 hours following the procedure.
- Delay making important decisions until you are fully recovered.
- Have a sponsor drive you home.

DRESSINGS/WOUND CARE:

- Keep your dressing dry and clean.
- Change your dressing the following day using a clean and sterile gauze.
- You may shower 3 to 5 days following your surgery.

ACTIVITY:

- If you had a rotator cuff repair, **NO** shoulder range of motion exercises.
- Work on hand, wrist, elbow and shoulder range of motion exercises.
- If you have an abduction pillow under your arm, keep it in place **AT ALL TIMES**.

DIET:

- You may return to your normal daily diet.

MEDICATION:

- Take medications as directed by your physician.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY,
PLEASE CALL OUR OFFICE AT
440.285.4999 (CHARDON) OR 216.398.5342 (RIDGEPARK).**