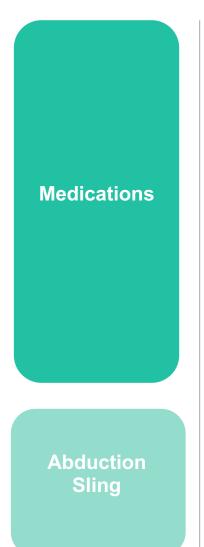


Shoulder Arthroscopy Rotator Cuff Repair Jorge Chahla, MD, PhD Post-Operative Instructions



- Aspirin: This medication is to help prevent blood clots after surgery. Take <u>as directed for 30 days following surgery</u>. You can begin taking the Aspirin the morning after your surgery.
- Hydrocodone/Acetaminophen (Norco): This is a narcotic medication for pain. This medication is to be taken AS NEEDED. Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-2 days. After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol). DO NOT exceed 4,000 mg of Acetaminophen in a 24hour period. Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

All medications will be sent to your verified preferred pharmacy prior to your surgery. As discussed, we highly recommend picking up your medictions prior to surgery day to mitigate unnecessary stress for you on surgery day and allow for the opportunity to troubleshoot any issues with obtaining the medictions.

Please note: the medications above may vary slightly based off your current mediction list. These variations will be discussed during your pre-operative phone consultation with a PA.

- Your sling is to be worn **at all times** for **6 weeks** following surgery.
 - You can remove your sling while completing PT-approved exercises or when providing self hygiene.

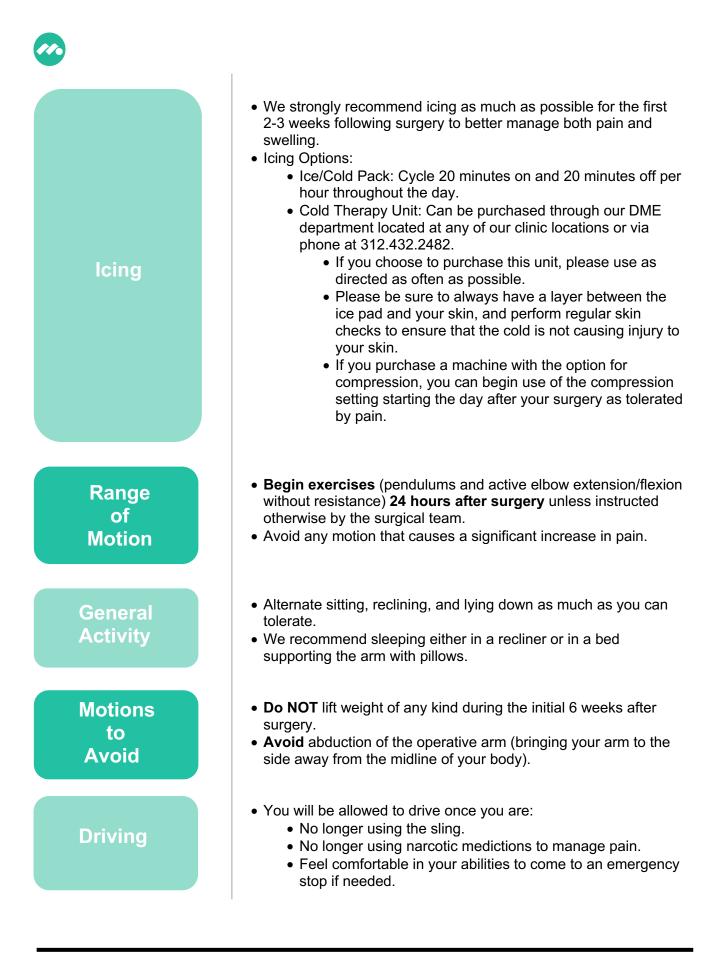
If you have any issues or questions regarding the sling, please call our DME department directly at: 312.432.2482

Wound Care: Dressing

Wound Care: Showering

> Physical Therapy

- Leave the bulky outer dressing directly over the incisions on until 48 hours after surgery. At that point, you can remove the bulky dressing and leave the steri-strips (white rectangular Band-aids) that have been placed directly over the incisions in place until your initial follow-up visit with Dr. Chahla's office. You do not need to cover the steri-strips unless you would prefer to. If you do choose to cover them, simply use a Band-aid to do so.
- **Do not remove the Steri-Strips.** Please leave these in place until your follow up visit with Dr. Chahla's office.
- It is normal to see some blood-tinged or clear drainage on the dressing from the incision. If you notice a thick, pus-like yellow discharge, please email the practice a photo of your incision at chahlapractice@rushortho.com
- **Do not apply lotions or ointments** of any kind (including Neosporin) to the incision site.
- Do not shower for 48 hours after surgery.
- After 48 hours from your surgery, you can cover the incision with a waterproof bandage/covering and shower.
- After your sutures are removed at your initial post-operative visit with Dr. Chahla's team, you can shower without a waterproof bandage covering the incision. When showering, simply let the soapy water run over the incision. **Do not scrub the incision**.
- Pat the incision dry when finished showering. **Do not apply lotions or ointments** until after the sutures have been removed and the incision is fuilly healed (typically around 4-6 weeks after your surgery).
- DO NOT soak or submerge the incision in a bath/pool until after the sutures have been removed and the incision is fuilly healed (typically around 4-6 weeks after your surgery).
- You will begin physical therapy 2 weeks following your surgery.
- Please call your physical therapist as soon as possible to schedule your initial appointment. We recommend calling at least 4 weeks in advance.
- On the day of your first post-op PT visit: **Please bring the physical therapy order and protocol** provided to you in the post-operative folder on the day of surgery.



Follow Up

When to contact the office?

- Initial Post-Op Visit: 2 weeks post op (sutures will be removed at this visit).
- Expected Additional Follow-up Visits: 6 weeks post-op, 3 months post-op, 4.5 months post-op, 6 months post-op.
- Please note that it is normal to experience mild temperature fluctuations after surgery. However, please contact our office if you begin to experience a fever >100.4° F.
- If you develop chills or continued night sweats.
- If you notice pus, significant pain, or redness surrounding the incision site. Please email the practice a photo of your incision at <u>chahlapractice@rushortho.com</u>
- If you experience constant cramping, tightness, pain, or a persistent Charlie-horse sensation in the calf of the operative leg.
- If you are unable to urinate for greater than 1-2 days after surgery.