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## **Instructions for Patients having Rotator Cuff Repair.**

1. Note a sling will be applied in theatre which will encircle your body. This is to be left on at all times and will only be removed by the physio, who will show you how to do exercises. He/ She may change the sling for a more comfortable one. There will be a large wound pad covering smaller dressings, this will be removed approximately 12 hours after surgery. Wound is to be kept dry until reviewed 2 weeks after surgery.
2. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 12-14 days after surgery.
3. Physiotherapy usually to see patient prior to discharge, but none otherwise required until after I have seen patient at follow-up.
4. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, shoulder swells or redness or fluid discharges, please contact me ASAP- pager available on 8378 3365.**
5. I will review you at 2 weeks after surgery, at which time any more specific questions can be answered. If however there are any specific concerns prior, please don't hesitate to contact me on 8376 9988.

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