

GLENELG
ORTHOPAEDICS



Post Operative Instructions Rotator Cuff Repair

Gavin Anthony Nimon

M.B.,B.S. F.R.A.C.S. (Orth) F.R.C.S (Ed)

Consultant Orthopaedic Surgeon

Specialising in Shoulders, Hands, Knees and Sports Injuries

Glenelg Orthopaedics

47 Broadway

Glenelg South 5045

Ph 83 76 9988

Web <http://www.glen-orth.com>

Fax 8219 0046

A/H 8378 2179

suddenly increases, shoulder swells or redness or fluid discharges, please contact me ASAP- 8376 9988 or pager available after hours on 8378 2179.

Post Operative Instructions for

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** for 5 days after surgery.
2. You will be given an appointment at discharge for follow up approximately 10-14 days after surgery. If you have not been given an appointment, please ring Debbie on 8376 9988 to book a time.
3. Physiotherapist usually to see you prior to discharge, but no further physiotherapy required until I have seen you at follow up.
4. Usually pain improves on a daily basis, but you should rest at home and slowly do more each day. **If however pain**

- 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.