

Comprehensive Care Orthopedics – Kirk R. Davis, D.O.

4126 N. Holland-Sylvania Road, Suite 100 ♦ Toledo, OH 43623 ♦ www.DrDavisDO.com
Phone (419) 473-9500 ♦ Toll Free (800) 969-1215 ♦ Fax (419) 473-9501

Post OP Care – Rotator Cuff Repair/Instability

- Sling should be worn for any prolonged periods of standing or sitting. It may be removed for bathing, dressing, eating and while lounging. The sling is intended for comfort and support of the shoulder and may need to be used for 3 to 4 weeks.
- Apply an ice bag to the knee 4 times a day for 20 minutes each time. Cover the ice bag with a cloth to keep bandages dry and prevent frostbite.
- There may be a softball sized bloody spot on your dressing due to fluid used during the surgery. 48 hours after the surgery, remove the bandages. Remove the clear plastic square from around the pain pump site. Remove the pain pump tube by simply pulling on the tubing. Contact the office with any difficulties doing this. The pain pump site may drain for an additional 8 hours. Clean the incision area with peroxide, place 4x4 gauze pad and paper tape over the incision sites.
- Fill pain medication prescription immediately; take this with food to help prevent nausea. Drink plenty of clear liquids.
- Three days after surgery in no drainage you may shower. **DO NOT** soak in a bathtub, hot tub or swimming pool.
- Most patients find that sleeping in a recliner with a sling on and pillow underneath the elbow to be a comfortable position. It is very difficult to sleep flat in bed. This is not uncommon for the first three weeks.
- Call the office at (419) 473-9500 the day of the surgery or the day after to confirm your post op appointment. Your appointment should be 5-10 days after the day of surgery.
- Begin exercises the day of surgery. Consult the exercise sheet. Start physical therapy as instructed.

NOTIFY THE OFFICE IF YOU HAVE ANY OF THE FOLLOWING:

Increased redness or swelling over the incision area

Severe calf pain

Incision area is warm or hot to the touch

Incision area is foul smelling or has drainage with color

Relentless pain, nausea, vomiting, bleeding or drainage.

**For additional questions, please call the office at
(419) 473-9500 and speak with Melissa, Kathy or Nancy.**