

# **MATTHEW J. DUBIEL M.D.**

Shoulder and Elbow Surgery

## **Rotator Cuff Repair**

### **DIET**

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the second post-operative day
- If steri-strips presents, they are to remain in place until first post op visit
- If minimal drainage is present, apply band-aids over incisions and change daily. To avoid infection, keep surgical incisions clean and dry
- You can shower two days after surgery, NO immersion of operative arm (i.e., bath)

### **MEDICATIONS**

- If you received a block your arm should feel numb anywhere between 12 and 36 hours before it wears off. If you did not receive a block, you may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle

#### Primary Medication = Oxycodone

- Plan on using it for 2 to 5 days, depending on level of pain. Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
- If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600mg (i.e. Advil) and Tylenol every 8 hours may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage.

### **ACTIVITY**

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks

- NO driving until instructed otherwise by physician
  - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
  - No exercises or shoulder motion until after your first post-operative visit unless otherwise instructed
  - You may begin elbow, wrist, and hand range of motion on the first postoperative day about 2-3 times per day
- \*May apply ice pack up to 20 minutes every hour for the first 72 hours to help reduce swelling. Do not place ice pack directly on skin

## **IMMOBILIZER**

- Your immobilizer should be worn at all times except for hygiene and exercise

## **\*\*EMERGENCIES\*\***

- Contact Dr. Dubiel or his medical team at 231-935-5880 if any of the following are present:
  - o Painful swelling or numbness
  - o Unrelenting pain
  - o Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
  - o Redness around incisions
  - o Color change in wrist, hand or lower extremity
  - o Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - o Difficulty breathing
  - o Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to be connected with the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (231-935-5880)