

SHOULDERMD

PAUL B. ROACHE, M.D.

BOARD CERTIFIED ORTHOPEDIC SURGEON

Rotator Cuff Repair Key patient instructions ARCR

- #1 Wear the Sling for 6 weeks. (SCR's wear for 8 weeks)
It is important to rest the arm and allow the healing.
Dr Roache will tell you when wearing the sling is no longer required
- #2 Do only the exercises that Dr. Roache and the Staff have instructed you to perform.
Easy Pendulum- No body wiggle- just small circles with the arm dangling.
(circles the size of a salad plate)
- #3 The medications are to treat discomfort or pain you may experience.
typically Ice (Cold therapy unit) is the biggest help for making the shoulder feel better. Should use 20 minutes every hour.
***The medications are for reducing pain, they are not required. They have no effect on the tendon healing.**
- #4 You may remove the bulky dressing the next day, clean the area, simple Band-Aids are ok
Until you shower.
- #5 You may shower once you have full control of your arm, (the numbing is gone), normal Shower, dry completely, and Band-Aids are ok. Do Not put any ointments on incision area
- #6 Do Not start Post-OP Physical Therapy until Dr. Roache informs you to start.
- #7 No Travel (airflight) is allowed, unless approved by Dr. Roache
- #8 To speak to the Doctor for urgencies after business hours, call 415-447-0495 to be connected to our after hours call center.