



ARTHROSCOPIC ROTATOR CUFF POST OP INSTRUCTIONS- DR. PETER DENOBLE

WHAT DO I DO AFTER SURGERY?

Immediately after your surgery your arm will be in a sling. You will have clear dressings with gauze underneath covering the incision sites. You can remove this dressing 5 days after surgery and then begin to shower over the incisions.

When do I schedule my follow up appointment?

Call our office at 973-898-5999 to schedule your first follow up visit 2 weeks after your procedure. Your stitches will be removed at this visit. Your next visit will be 4 weeks later at which point we will assess your progress and begin therapy.

Expect to wear your sling for the first six weeks after your rotator cuff repair. After about six weeks you will begin physical therapy that will be prescribed by your doctor as part of your recovery. Exercises will begin gradually and you will slowly progress from small range of motion exercises eventually to strengthening exercises.

*Call our office at 973-898-5999 to schedule your first follow up visit
2 weeks after your procedure.*

If you have fevers, increasing pain, or any questions regarding your care feel free to call our office and we will address your concerns.

Helpful tips:

1. Pain medication prescribed by your doctor will help.
2. Applying ice to the area
3. Sitting/sleeping in a recliner for comfort may also help.
4. Your sling should be worn at all times even when sleeping.