

THE OREGON CLINIC

Rotator Cuff Repair

Orthopedics

5050 NE Hoyt Street #138

Portland, OR 97213

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Preparing for Shoulder Surgery

2 weeks before surgery

- Consider which arm you are having surgery on - if it's on your dominant arm, practice your normal daily tasks with your other arm.
- Stop taking vitamin E supplements, fish oil supplements, ginkgo biloba or herbal remedies. We want to avoid any interactions with anesthesia or medications you may be given during your stay.
- Arrange to have someone take you home when you leave the facility. You will also need someone to help you at home for approximately 1-2 weeks.
- Arrange for someone to pick up your prescriptions from your pharmacy.
- **Prepare your house for your recovery:**
 - Make plans for someone to care for your pet
 - Clear stairs and pathways of any clutter
 - Remove throw rugs
 - Place slip-proof mats or strips in the bath/shower
 - Make sure bath rugs are slip-resistant and water absorbent
 - Make sure the path from bedroom to the bathroom is well lit, nightlights are recommended
 - After surgery, sleeping in a recliner chair or propping your arm up with pillows while it is in the sling may be more comfortable

1 week before surgery

- Stop taking aspirin products. **If you are taking aspirin as prescribed by your physician, consult with him/her before stopping.**
- **Stop taking GLP-1 agonist medications or other drugs being used for weight loss purposes**
 - Dulaglutide (Trulicity)
 - Exenatide extended release (Bydureon bcise)
 - Exenatide (Byetta)
 - Semaglutide injection (Ozempic)
 - Liraglutide (Victoza, Saxenda)
 - Lixisenatide (Adlyxin)
 - Semaglutide by mouth (Rybelsus)
- Call to schedule a physical therapy appointment within 2 weeks of your operation. If you need recommendations on locations that work with your insurance, call our office at **503-238-1061**

3 days before surgery

- Stop taking any medications that may cause bleeding: anti-inflammatories, Motrin, Naproxen, Voltaren and Advil. If you have any questions about medication, call our office.
- Nursing staff may contact you to review your health history and give you instructions on what to expect the day of your procedure.
- Take your 1st of 3 showers. Specific instructions in "**3 days, 3 showers, fewer germs**" section on page 4.

2 days before surgery

- Take your 2nd of 3 showers. Specific instructions in "**3 days, 3 showers, fewer germs**" section on page 4.

Night before surgery

- Take nothing by mouth after midnight. This includes candies, gum, cigarettes, chewing tobacco, coffee and water.
- Your anesthesiologist will make an effort to contact you the night before your surgery to discuss any concerns you might have. It is important to let your anesthesiology provider know about all medications and supplements you take and if you or a family member ever had problems with anesthesia in the past.
- Take your 3rd of 3 showers. Specific instructions in "**3 days, 3 showers, fewer germs**" section on page 4.

Day of surgery

- Take your usual morning medications with sips of water unless otherwise instructed by your surgeon, anesthesiologist or nurse. If you have diabetes or take anticoagulation medications, please check with your surgeon or primary care doctor as to when to stop or continue taking these medications.
- **What to bring**
 - This brochure
 - **Clothing:** Comfortable, loose-fitting clothing that is easy to get on and off - button down shirt or large t-shirt that can be worn over the sling
 - Personal devices: hearing aids, eyeglasses and dentures
 - DO NOT bring any medications from home unless specifically instructed to do so

3 Showers, 3 days, fewer germs

All humans have bacteria and germs that live on their skin—usually completely harmlessly. Before surgery, however, your body needs to be as clean as possible because these bacteria can sometimes cause an infection.

It is essential that you shower at least once a day in the 3 days leading up to your surgery:

- **First Shower** – two or three days before your surgery.
- **Second Shower** – one or two days before your surgery
- **Third Shower** – the day of surgery or the night before

Shower Instructions:

- You should take time to scrub the shoulder that you are having surgery on with soap.
- DO NOT shave the surgical area.
- Make sure that you rinse your body thoroughly.
- Use a fresh, clean towel to dry your body and after your shower, dress in freshly washed clothes.
- DO NOT use lotions, powders, or creams after this shower.
- Sleep in fresh, clean sheets and pillowcases for the next 3 days.

Recovering from Shoulder Surgery

After Surgery

- Your surgeon will call the person who is picking you up and let them know how everything went during the surgery. It will then be about an hour or two until you have recovered enough to go home.
- During the first two hours after surgery, you will be cared for in the recovery room where nurses will check your blood pressure, pulse, oxygen level, manage your pain and watch you closely for the next several hours.
- The nursing staff will go over the post-op instructions in detail once you have recovered enough from the anesthesia.
- You may not remember this portion of your day, so the surgeon or physician assistant will make sure to go over the procedure specifics at your first post-op visit.
- Please keep in mind throughout your recovery that everyone's experience is unique, so rehabilitation may take more or less time than you anticipate.
- Your hand and arm will have some numbness because of the nerve block the Anesthesiologist performed. **Please call my office if you experience worsening numbness or tingling in your hand, arm or other part of your body after surgery.**

After Discharge

Wound Care

- Keep the dressings in place until 48 hours after surgery. Then remove the gauze bandages; you can leave incision open to air after removing the initial dressing.
 - Expect some bloody drainage on your surgical dressing, this is normal.
 - The incisions will have white/brown tapes (steri-strips). Leave those on as they will fall off on their own. If they are still on after 14 days, you should remove them.
- Once the dressings are removed (after 48 hours), you can get the incision wet in a regular shower, however, do not take a bath or use a pool or hot tub for 3 weeks.
- You may notice that the incision looks a little puffy and pink around the edges. This is normal inflammation and healing. **Call your doctor if you develop any of the following signs:**
 - Severe redness, increased pain or increased swelling of the incision
 - An increase in the amount of drainage from the incision
 - Thick or foul-smelling discharge from the wound
 - Separation of wound edges
 - Body temperature higher than 101 degrees

Activity and Sling Use

- The sling should be worn **at all times** for **6 weeks**. You may take it off to shower and do the physical therapy exercises
- You must wear the sling at night
- Sleeping in a recliner chair or propping your arm up with pillows while it is in the sling may be more comfortable
- If the pillow that is attached to the sling (bolster) is too uncomfortable, you do not have to wear it after the first 2 weeks.

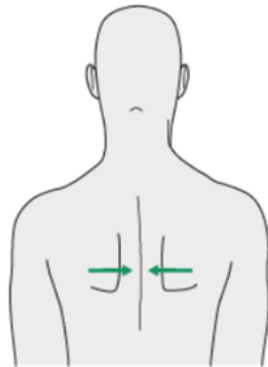
You will have your sling fitted at the time of surgery. It may not fit perfectly once the bandages are removed. Please refer to this QR code for help adjusting it.



Early Physical Therapy Exercises

Start within the first 7-10 days

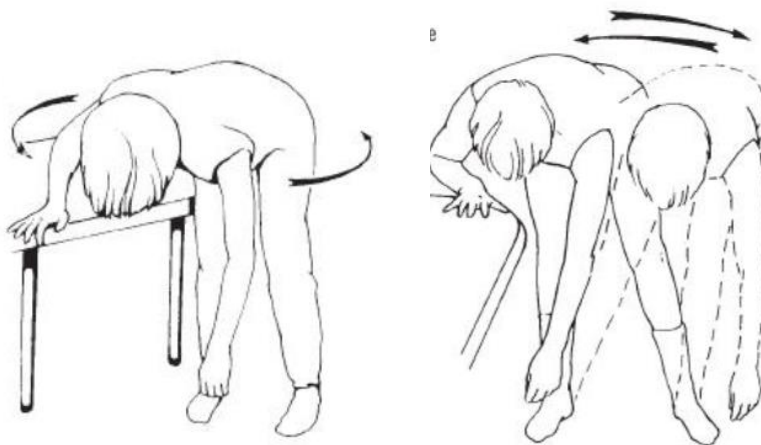
Scapular Contractions:



10 repetitions per set / 1 set / 10+ times daily

With your arm in the sling, squeeze your shoulder blades together for 5 seconds, relax and repeat.

Pendulum Exercises



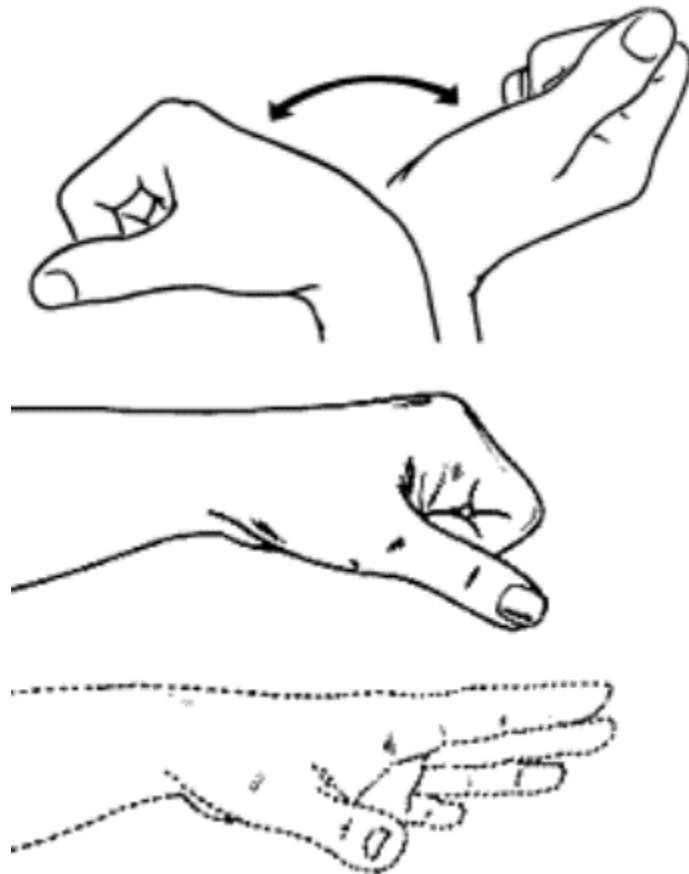
10 repetitions each direction per set / 2 set / 3-5 times daily

- **Supported Pendulums:** For the first 4-7 days, you should support your arm so that your shoulder does not bear its full weight. Bend forward at the waist to 90 degrees, cradle your operative arm with the good arm and do small pendulum circles.
- **Standard Pendulums:** Start 4-7 days after surgery. Bend forward at the waist using a table for support. Repeat rocking body from side to side and let arm swing freely. This is a passive motion at the shoulder. Do not actively move the shoulder until instructed to do so.

Wrist And Hand Motion

10-15 repetitions per set / 2 sets / 3-5 times daily

- Remove the sling and allow your arm to rest at your side (you may perform this sitting or standing).
- With your arm comfortably supported, gently bend your wrist back and forth.
- Curl the fingers into the palm to make a loose fist and then straighten them out.



Ice Machine

If you were given an ice machine, use the ice machine with the sleeve continuously while the dressing is in place for the first 2 days. Then, after the dressing is removed, use it with a towel between the sleeve and your skin for roughly 30 minutes to an hour to minimize swelling and pain.

Check the skin regularly to ensure that the skin does not get too cold. Follow the directions on the cooler of the ice machine.

Medications

You should resume all your regular medicines as previously prescribed starting the day after surgery. You will also be prescribed several medications for post-op use.

Your doctor will write prescriptions for the following medications. Be sure to pick them up and have them ready before your surgery:

- **Mobic**
- **Ondansetron**
- **Colace**
- **Oxycodone**—these will be given to you on paper, rather than called in, and will need to be taken to the pharmacy to fill.

The pain medication should be taken as follows:

- **Tylenol extra strength** (acetaminophen): 2 tabs every 8 hours. DO NOT exceed 6 tabs (3000mg) per day.
- **Mobic**: 1 tab daily
- **Oxycodone**: 1 tab every 4-6 hours as needed, with food. **If you're still in pain, it's ok to take 2 Oxycodone tabs every 3-4 hours.** Pain medication can cause the following side effects:
 - **Nausea and vomiting**: Remember to take your medication with food
 - **Itching and/or rash**: Notify your doctor.
 - **Dizziness**: Be especially cautious when first standing up. Rise slowly and be sure to have a person or sturdy object to help you until you find your balance.
 - **Constipation**: Drink plenty of fluids while taking pain medications.
 - DO NOT drink alcohol or drive when taking narcotic pain medications (e.g., Tylenol with codeine, Vicodin, Oxycodone, Percocet, Norco).
- **Ondansetron (zofran)**: every 8 hours as-needed for nausea
- **Colace**: every 12 hours as-needed for constipation

PREVENTION OF BLOOD CLOTS

Blood clots can form and cause symptoms in either leg up to three months after surgery. Blood clots can break free and travel to the heart and lung, causing life-threatening problems.

To recover fully and to prevent blood clots from forming, it is important that you continue leg and ankle exercises and gradually increase your activity and walking distance.

Pain and/or significant swelling in the calf of either leg may be signs of a blood clot. Report them to your doctor immediately.

Call 911 if you notice the following signs as they could indicate a blood clot in your lungs:

- Difficulty breathing
- Chest pain
- Coughing up blood
- Unusual upper back pain

Frequently Asked Questions

Why am I bruising and swelling?

Bruising is normal after surgery. It is normal to even see it in the elbow or hand as the fluid goes with gravity. Sometimes there can be swelling in the arm above the elbow or into the hand. The bruising can be worse when you're on blood thinners.

How often should I ice?

The first two weeks ice routinely, every few hours for 20 minutes. After this, you can continue to ice as needed.

How long should I be using the pain medications?

We recommended initially (roughly the 1st week) having a consistent pain medication regimen and then you can begin to wean down as needed. This can be done by spacing out the medication or reducing the dose. It is best to wean off narcotics first, then continue with Tylenol and/or NSAIDs as needed.

When can I drive?

You should not be driving if you have consumed narcotics in the past 6 hours. You should not be driving while you are in the sling. Depending on the type of shoulder surgery, it will range from 3-8 weeks.

When can I go back to work?

Everyone's job requirements are different! If you can work remotely, you can return to work when you are off narcotic pain medication. If you work in a physical job, you may not be able to return for 3-6 months. We will work with you to provide notes for any modifications or light duty.

Can I use my arm in the sling?

You should not move the arm while in the sling. You can use the hand to type and hold your phone, but you should keep it in the sling while doing so.

How do I shower with the sling?

You should carefully remove the sling before getting in the shower. You should then hold your arm at your side and not move it. If you need to wash under your armpit, you should lean your body over while letting your arm hang.

How do I get dressed after surgery?

Loose-fitting shirts that are easy to put on, like button-down shirts and oversized t-shirts, are best for post-surgery. You can also find post-surgical shirts made specifically for shoulder surgery patients at online retailers.

When getting dressed, focus on putting the surgical arm in first. If you wear a bra, opt for one with a front closure. This style helps minimize unnecessary movement and discomfort during post-procedure recovery.

Why does my shoulder click and pop?

Clicking and popping are normal sounds from any joint. Once you have surgery, the clicking may get worse in that specific joint. This is completely normal — don't worry!

Do I have sutures?

You will have dissolvable sutures, so you will not need to get anything removed at your post-op visit. Sometimes, a suture can work its way out — you can remove it on your own or can call to make an appointment to have it removed at our office.