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SPECIALIZING IN SHOULDER & KNEE SURGERY

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Post-Operative Instructions: Rotator Cuff Repair

Remove the dressings on the 2nd day after surgery. Apply Band-Aids loosely over the incisions and change them every 2-3 days as needed. Please **do not** use Neosporin.

Apply the Game Ready Ice Sleeve or an ice-pack as often as possible for the first 10-14 days; then at least 4-6 times each day for 30 minutes and after each time you do your exercises. The Game Ready Unit should be set to cool for 30 minutes & then go off for 30 minutes. Take a one hour break every 4-6 hrs. Make sure incisions stay dry.

Slowly resume a regular diet as tolerated. We recommend you start slowly with clear liquids, diluted Gatorade, chicken/beef broth & crackers, plain turkey sandwich, etc.

As soon as you get home, take small bites of food (1/4 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Percocet). Repeat this process 45-60 minutes later and take a 2nd pain pill (Percocet). Repeat again 45-60 minutes later and take an Oxycontin. From this point forward, take Percocet 1-2 tabs every 4-6 hrs and Oxycontin 1 tab every 12 hours. ***It's important to stay ahead of pain, but do not take the pain pills if you are sedated.***

Keep your shoulder in the sling with the elbow bent at ~ 90 degrees. The sling should not be too tight or too loose. Your elbow should rest at your side. Your sling must be worn for 6 weeks to provide both comfort and support. You may take the waist band off of the sling when out of bed, but we would like you to wear it at night if possible.

It will be helpful to sleep sitting up or propped up with pillows and with a pillow supporting your elbow. This will prevent excessive strain on the repair. Place a pillow or blanket behind the bottom of your triceps/back of the elbow. Please call the office to schedule a follow-up appointment for ~7-10 days after surgery.

Sponge baths are recommended for the first three days after surgery. You may shower quickly (2-3 minutes) on post-operative day # 4 if the incisions are completely clean and dry. Cover the shoulder with plastic wrap and secure it with tape while showering then quickly apply soapy water to the incisions for 10 seconds, rinse and gently pat the area dry. Wash the axillary area (arm pit) daily with soap and a damp face cloth. Please do not soak the shoulder (no baths, hot tubs, swimming or soaking) for 4-6 wks.

If you develop a fever (temp > 101.5°), redness or drainage from the surgical incision site, please call our office to arrange for a prompt evaluation.

You will be given 2 prescriptions for pain, usually Percocet & Oxycontin. These are narcotics, to be used on an "as needed" basis for pain. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. These

medications should not be taken on an empty stomach. Please **do not take any Motrin, Ibuprofen, or Aleve (NSAIDs)** as these may impair your repaired tendons from healing.

NO NSAIDs FOR 4-6 weeks.

Only Passive Shoulder Motion is allowed for the first 6 wks after surgery. You may feel very comfortable; however any active lifting or use of your arm will strain the repair and may prevent it from healing. Your sling may be removed intermittently to allow passive elbow motion (bend & straighten) as well as gentle pendulum swings/arm hangs. You may exercise your hands by squeezing a tennis ball or ball of socks (this will help to decrease any swelling in your hand and fingers).

If you have any questions, please contact our office.

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