



## **Postoperative Instructions – Shoulder Repair**

**MEDICATIONS:** You will be given multiple medications to control pain after surgery (see attached sheets). Take your oxycodone as directed for 2 days, then start to decrease as tolerated. This prescription is expected to cover your entire post-operative course. You should resume taking all of your home medications.

**DRESSING:** After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1.5 to 2 weeks and will slowly peel off. You should leave incisions uncovered if there is no drainage.

**SHOWERING:** You may shower 48 hours after surgery. Do not scrub your incision; just let water run over it. Pat the incision dry. **DO NOT** immerse in a tub or pool for 7 – 10 days to avoid excessive scarring and risk of infection.

**CRYOCUFF/ICE:** Keep cryocuff on at all times, exchanging or refilling with cold water every hour while awake. Icing is very important to decrease swelling and pain and improve mobility. After 24 hours, continue to use the cuff a minimum 3 – 4 times a day, 15 – 20 minutes each time.

**SLING:** You must wear your sling at all times unless showering. When showering, please straighten your arm (with your arm next to your side) to avoid getting a stiff elbow.

**ACTIVITY:**

- You should rest after surgery
- No driving for 6 weeks
- Post-operative appointment will be the week following surgery.

**If you experience severe pain that your pain medication does not help, or have a temperature over 101.5°, please contact our office at (617) 525-3427.**