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## **INSTRUCTIONS FOLLOWING ROTATOR CUFF REPAIR**

### **SLING:**

Wear your sling at all times except for showering. You should avoid overhead activities with your shoulder until the Doctor clears you. You may use your hand to write, type, and use utensils, but you should lift nothing heavier than a pen or a fork with your affected hand.

### **SHOWERING:**

You may remove your dressing 48 hours after surgery and then shower. Please use **CAUTION!!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in bathtub, hot tub or pool until the doctor tell you it is O.K. to do so. Once you are done showering pat the wound dry and apply a Band-Aid to the stitches, the stitches will be covered by a white strip. You should leave it on. The sling may be removed for showering.

### **COMMON CONCERNS:**

Bruising swelling and oozing is normal. Please call us if you have a fever greater than 101.3°.

### **ICE:**

You should ice the shoulder to reduce swelling and discomfort. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before re-application. Avoid getting your wound wet. NEVER apply ice on bare skin.

### **PHYSICAL THERAPY:**

Physical therapy is to begin 2 – 3 days after your surgery date. Please make an appointment prior to surgery. Physical therapy IS offered at our Manhattan location, however, if you need us to recommend a different facility, please call our office.

### **FOLLOW-UP VISIT:**

You need to see the doctor about 7 10 days following surgery for your first post-op visit. Please call the office to schedule this appointment as soon as possible. You will be given a prescription to begin exercises.

We hope you have a pleasant recovery.