



George Ackerman, MD
Rotator Cuff Repair Post Operative Instructions

Pain Medication

- A pain medication prescription has been sent to your pharmacy and can be used if needed.
- Tylenol (1000mg) and/or Advil (600mg) effective for control of mild to moderate pain.

Ice

- You may use ice to reduce swelling and discomfort. Apply for 20 mins per hour as needed.
- If you are using a cryotherapy machine, you may use it as directed (machine has a timer).

Dressing

- Keep the dressing dry and remove bandage 48 hours after surgery.
- Place band-aids over the incisions after removing the dressing.

Showering

- You may shower 48 hours after surgery.
- 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 a bathtub, hot tub, or pool until the sutures are removed.
- Once you are done showering, pat the incisions dry and apply band-aids.
- While in the shower you must keep the arm close to your body as if it were still in the sling.

Sling

- Wear your sling at all times including sleeping and do not carry anything heavier than a phone.
- The sling is required for 3-4 weeks after surgery.

Physical Therapy

- Physical therapy will not start until 2-4 weeks after surgery.
- Dr. Ackerman will provide you with a prescription at your first post-op visit.

Follow-up Appointment

- Please follow up with Dr. Ackerman 1 week after surgery.
- Call the office to set up the appointment if you do not already have one scheduled.

Common Concerns

- Bruising and/or swelling of the shoulder, arm, and hand are common after surgery. To relieve this discomfort it is best to ice the shoulder.
- You should not drive until instructed by Dr. Ackerman. Generally this is 2-4 weeks after surgery.
- Many patients find sleeping more comfortable in a recliner, couch, or with several pillows.

Please call if:

- If have discomfort, swelling, or redness in the calf
- Any oozing or redness of the wound, fever (greater than 101.3° F), or chills
- Any difficulty breathing or heaviness in the chest

These are only general guidelines for what to expect after Rotator Cuff Repair Surgery. Please do not hesitate to call the office (516) 243-8506 or send Dr. Ackerman a message on the Patient Portal if you have any questions or concerns.