



Mr Arpad Konyves MD FRCS(Orth)
Consultant Orthopaedic Surgeon

Suite 5, LAKES CARE MEDICAL CENTRE
1165 Tutanekai Street, Rotorua 3010
Ph: 07 348 9150 Fax: 07 348 7727
contact@lakesorthopaedics.co.nz
www.lakesorthopaedics.co.nz

Discharge Advice OPEN SHOULDER SURGERY (ROTATOR CUFF REPAIR)

Activity guidelines:

- Readjust your shoulder immobiliser when necessary to give your shoulder support
 - do this without raising your arm or swinging it to the side
 - wrist and arm straps should not be too tight.
- At least 3-4 times a day release the wrist strap and exercise your elbow and wrist
 - gently stretch and bend your elbow
 - bend and circle your wrist.
- When lying down place a pillow under your arm for comfort.
- Do not lie on the operated side.
- You may notice some swelling of your fingers and your hand; exercise your fingers by opening and closing your hand as if you were squeezing a ball.
- You won't be able to drive until clearance.

Hygiene:

- Sponge bath until your wound is healed and if you have any sutures until the sutures come out - usually about 10 days. If you want to have a shower, use a waterproof dressing.
- Place a small absorbent pad under your armpit if necessary to keep it clean and dry.

Wound care:

- Keep your dressing clean and dry. A few dressings will be sent home with you.
- A couple of days after the operation there should not be any discharge apart from minor patching of the dressing.
- Bruising around the wound is normal.
- Should there be profuse discharge or you notice that the wound is red, swollen and more painful than before, you need to get in touch with us or your family doctor.
- If there are sutures used, these will be removed at the first post-operative visit.

Medications:

- You should resume taking your normal medications.
- Take painkillers as directed.
- When taking strong painkillers (codein, Tramadol, Oxycontin, Oxynorm), you will need to watch out for constipation. Eat plenty of high fibre food and fruit and drink plenty of fluid.

Get in touch or notify your Doctor if you:

- develop a fever of 38 degrees or more that lasts 24 hours.
- have numbness or tingling of your fingers.
- have profuse drainage from your wound.
- have increased pain despite using painkillers.
- develop increased swelling of your hand, coolness and loss of colour despite loosening the sling and exercising your fingers.