

WOUND CARE

Keep your incisions clean and dry (tub bathing only)

You can change your dressing every day, starting three days after surgery

If the new dressings you put on are clean and dry after 24 hours, you can leave the wounds open to air

Do not remove the steri strips underneath

At 10-14 days after surgery, Dr. Mesiha will see you in the office to check the wounds and see if they are ready to get wet in the shower

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IF YOU HAVE ANY BLEEDING, REDNESS, OR SEVERE PAIN CALL US RIGHT AWAY
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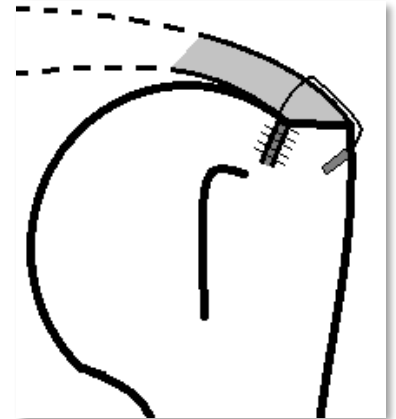
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508-974-9100

www.primacareortho.com

What was done?

- Arthroscopy with small camera to look for other damage in shoulder:
Rotator Cuff Tendons: _____

- Cartilage Normal
- _____
- Labrum Normal
- _____
- Biceps tendon Normal
- _____



- Cleaning of any damage or inflammation in and around the shoulder
- Repair of the rotator cuff with _____ anchors through the camera
- Attachment of the biceps tendon in its groove and removal of the part of the biceps that attaches inside the shoulder (biceps tenodesis)

Stay ahead of your pain!

- If you have no problems with your liver or other issues that keep you from taking Tylenol, you can take two Extra Strength tablets (500mg each) every 8 hours (3000mg total every 24 hours). This way, it stays in your system and keeps you from needing as much narcotic medications.
- Surgical pain for the first few days is the "opposite of stubbing your toe." If you feel a twinge of pain and you don't take pain medicine it will get worse and worse. Taking a little bit of narcotic when you have a little pain will keep you from having to take a lot of narcotic for a lot of pain later.
- The narcotics can cause constipation so every 8 hours, at the same time as the Tylenol, you can take over the counter Colace 100 mg tablets.

What happens next?

- The tendon repair takes approximately 3 months to heal:
 - For the first six weeks, you should wear the sling **with** the pillow at all times except when bathing or changing your clothes.
 - The nurse in the recovery room will show you how to do pendulums for personal care with no swinging (to get under your arm, just lean over and let your arm hang straight down).
 - If you do not have PT already scheduled, Dr. Mesiha will talk to you in the office at the first visit after surgery about the plan for therapy.