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**Columbia University  
Shoulder, Elbow and Sports  
Medicine Service**

**POST-OPERATIVE INSTRUCTIONS  
MINI-OPEN ROTATOR CUFF REPAIR**

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[www.nyp.org/columbiaortho](http://www.nyp.org/columbiaortho)

**DAY OF SURGERY:**

- 1) Use the sling at all times except when doing the prescribed postoperative exercises.
- 2) Avoid resting on the arm and do not lift anything with the involved shoulder.
- 3) It is helpful to sleep with pillows propping you up and with a pillow behind your shoulder.
- 4) Take the pain medication as prescribed.

**DAY 1:**

- 1) You may remove the bandage and gauze from your shoulder. The bandages you remove may be wet to the touch. This is normal as the shoulder is filled with water during the surgery and it leaks out for 24-36 hours after the surgery. **DO NOT** remove the white tapes (butterfly strips). Cover the wound with a clean gauze bandage.
- 2) Keep your bandages and wounds dry. Do not shower until 24 hours after your surgery. If the wounds do get wet, remove the band-aids, pat dry and reapply fresh band-aids.
- 3) Ice should be applied as much as you can during the first 24-48 hours.
- 4) You should begin the exercises as indicated on the attached sheets.

**DAY 2-7:**

- 1) Continue use of ice as previously outlined.
- 2) Continue shower precautions as previously outlined.
- 3) Continue use of the recommended exercises.

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be **7-10 days after surgery**. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office.

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