



Instructions after rotator cuff repair

- Wear your sling at all times
- No active motion of the shoulder but passive motion is OK.
 - This means you are not allowed to use the shoulder (lifting, reaching) but someone else may move it for you.
- You can move your fingers, wrist and elbow as is comfortable.
- You may remove your dressings at 3 days after your surgery.
- You may then shower 3 days after your surgery.
 - Cover the incision sites with waterproof band-aids while in shower.
 - Also when showering wedge an empty 2 liter bottle of soda or anything plastic of the same size in your armpit to mimic the pillow of your sling.
 - This will serve as a reminder to not lift your arm (as the bottle will fall).
- Your follow-up appointment will be 7-10 days after your surgery.
- Call the clinic at 425-339-2433 with any questions or concerns.