

Dr. Jothi Murali-Larson  
SMART Orthopaedic Surgery  
Shoulder Arthroscopy (NOROTATOR CUFF REPAIR)  
Postop Instructions

**Dressing:**

You may remove the dressing in 2 days. Keep the incisions clean and dry. You should then put bandaids on the incisions and change them as needed and after a shower. You may shower once the dressing is removed. Do not submerge the incision or take a bath.

**Ice:**

Follow the instructions for the cooling cuff if you have one or use ice packs. Ice the shoulder as much as possible during the first week.

**Activity:**

You may remove your sling as soon as the nerve block wears off and you feel comfortable. You should regularly move your elbow, wrist, and fingers, and may use the arm for light daily activity as tolerated.

**Pain medication:**

You will get further details about the nerve block you had in your shoulder and your pain medication. Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

**Questions?**

Please call the office at 408 364 1673.