



**STERLING RIDGE  
ORTHOPAEDICS  
& SPORTS MEDICINE**

**Dr. William M. Hayes**  
**Dr. Keith W.V. Johnson**  
6767 Lake Woodlands Drive  
The Woodlands, TX 77382  
281-364-1122

**Post-Operative Instructions – ROTATOR CUFF REPAIR (RCR)**

- Patients are allowed to shower the day after surgery (if no drains or pain catheter) with no submerging of wound until 3-4 weeks after surgery
  - a. Shower only
  - b. Wait 24 hours after drain is pulled (if used) to shower
- Wound to be covered at all times with Band-Aids, except while showering. Remove Band-Aids before showering. Allow wound to air dry. Re-apply new Band-Aids.
- No ointments, lotions or patches are to be applied to wound
- 1<sup>st</sup> post-op appointment will be the day after surgery or 1<sup>st</sup> day clinic is open after surgery
  - a. Dressing change and skin inspection
  - b. Review of pictures and procedure performed
  - c. 1<sup>st</sup> physical therapy appointment will be scheduled for you
- 2<sup>nd</sup> post-op appointment will be 7-10 days after surgery
  - a. Remove sutures
  - b. Apply Steri-Strips
- ARC sling will be worn at all times except when showering
  - a. Will be worn on average for 4-6 weeks after surgery
- Physical therapy will start 3 weeks after surgery depending on size of tear
- Icing
  - a. Days 1 & 2: 20 minutes every hour
  - b. Day 3: 10-20 minutes as needed