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# Rotator Cuff Surgery – Discharge Advice



Procedures

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## What is Rotator Cuff Surgery?

Rotator Cuff Surgery is a surgical technique to repair a torn tendon in the shoulder. The procedure can be done with a large (“open”) incision or a minimally invasive procedure using small button-hole sized incisions, also known as shoulder arthroscopy.

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### Wound care

- Keep the dressing on your shoulder clean and dry.
- You are allowed to shower if a waterproof dressing has been applied, but do not immerse the wound in water.
- Observe for any bleeding over the operated site.
- Do not change the dressing until your next appointment date.
- You may be given ice packs for cold treatment to reduce swelling for the first 5 days. Please follow the instructions provided.

### Pain relief

- Take the prescribed pain relief medication regularly, strictly for the first 3 days.
- Consult your doctor if you still experience pain after taking the prescribed analgesia.

### Blood circulation

- Observe the colour, temperature and sensation of the operated limb.
- If your operated limb feels numb and if your fingers are cold and/or turning blue, consult your doctor immediately or visit the Alexandra Hospital Urgent Care Centre (UCC).

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### Care advice

- You will be required to wear the arm sling for up to 6 to 12 weeks, depending on:
  - The size and type of your repair operation
  - Your doctor’s advice
- You may remove the arm sling for showering, grooming or physical therapy.
- Follow the exercise regime that you have been taught, to prevent stiffness and scarring.
- Do not abduct your operated arm (i.e. do not move your arm away from your body or lift it above your head).
- Do not use the operated arm to reach or lift things.
- You should only move your operated arm for exercises.
- You may use the operated arm to write, eat or drink as long as the arm is moved only at the elbow and wrist.

### When should I seek medical help?

Consult a doctor by visiting **Alexandra Hospital Urgent Care Centre (UCC)** if you experience any of the following signs and symptoms of wound infection:

- You have a fever of 38°C and above.
- You feel a sudden worsening of pain that is different from the usual pain.
- There is sudden swelling in the affected shoulder.
- There is excessive discharge from the operated site.