

Orthopaedic Specialist of Texas

15400 Southwest Freeway Suite, 100 Sugar Land, TX 77478
281-565-8800

Timothy Sitter, MD

Rotator Cuff Repair

Before Surgery

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is a day surgery so please have someone there to take you home after surgery.

After Surgery

1. Bandages may be removed in 2 days after surgery. Continue to keep the incision dry.
2. You may use water proof band aids to shower.
3. Use cryo-cuff or ice bag given to you at the hospital 3-4 times per day for 20-30 minutes at a time for 1 week, and then as needed.
4. Wear sling or shoulder immobilizer at all times except when bathing. You may take your forearm out of sling and bend and straighten your elbow to keep it from getting stiff. You will be in the sling for at least 3 weeks.
5. Do not push, pull or lift with affected arm.
6. You may not drive for at least 3 weeks.
7. You may start taking all of your previous medications after surgery.
8. You will return to the clinic 10 – 14 days after surgery to have your stitches removed and for a post-operative check up.
9. Physical therapy will contact you prior to surgery to set up rehab to start one week after surgery.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.