

Preparing for Rotator Cuff Repair

Date: 22 Mar 2023

RE: Arthroscopic Rotator Cuff Repair Surgery

1. In the weeks prior to surgery, please think about what you might need after surgery
 1. A person to drive you to and from surgery (you will be in a sling and won't be able to drive safely)
 2. A person to help you shower (you will be shown how to do this the morning after your surgery). You are provided with a spiky ball to exchange for your sling bolster.
 3. Have food prepared that is easy to handle with one hand
 4. Practice wiping your bottom with the hand not operated upon if it's not your dominant hand.
 5. Trip hazards throughout the house - rugs that you might not see over the sling.
 6. Button up shirts that are extra large are useful purchases or pull up elasticated strapless shirts for women. You are best not to wear a t-shirt. You can modify shirts with press-studs to allow you to step into the shirt.
 7. You may benefit from hiring or purchasing a recliner chair.
2. In the days prior to surgery please shower as per the Showering handout
 1. Stop your blood thinners 2-5 days prior to surgery as directed by Dr Coll
3. Things to think about after surgery
 1. You don't have to have a shower every day, while it is nice, if you are sore, then skip a day
 2. You can purchase an alternative brace from Skeletal Support Services or online if you find your brace is getting dirty. It does survive washing in the machine. The brace has a flare which sits on your belly and the tapered part sits under your arm. There is a thumb strap to prevent tingling of your little finger.



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FIXING BROKEN WINGS

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