



# Pinnacle Orthopaedics **REGENETEN Rotator Cuff Repair Discharge Instructions**

## GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for at least 24 hours
- Do not consume alcohol, tranquilizers, sleeping medications, or any non prescribed medication for at least 48 hours
- Do not make important decisions or sign any important papers for at least the next 48 hours
- You should have someone with you at home tonight. Children may appear flushed for several hours after surgery

## ACTIVITY

- You are advised to go directly home from the hospital. Restrict your activities and rest for the day. Resume light to normal activities tomorrow.
- On postoperative day 2, you may discontinue the sling and will initiate the shoulder and elbow range of motion protocol. 4 times a day, you will work on 20 minutes of shoulder, elbow, wrist, and hand range of motion. This can be associated with breakfast, lunch, and dinner as well as shower time. **Do not get stiff.**
- Your **Rotator Cuff was repaired today** with a REGENETEN bio-inductive implant. See Link below. <https://www.smith-nephew.com/en-us/health-care-professionals/products/sports-medicine/regeneten-bioinductive-implant>

## FLUIDS AND DIET

- Begin with clear liquids, bullion, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire.
- Greasy and spicy foods are not advised for today.

## MEDICATIONS

- Take over the counter medications such as Tylenol, Motrin, or aleve (unless contra-indicated) to help reduce postoperative pain and swelling.
- Prescriptions sent with you. Use as directed. When taking medications, you may experience dizziness or drowsiness.
- Do not drink alcohol or drive when you are taking these medications.
- You may resume your daily prescription medication schedule.

## OPERATIVE SITE/ PROCEDURE

- Keep dressing clean and dry for 2 days then remove the dressing.
- May wash over the incision with soap and water in the shower in 2 days. NO BATHS, NO SOAKS, NO HOT TUBS! Place a new bandage or band aid over operative sites after showering.
- Keep incisions covered while any drainage is present.

## EXTREMITIES: ARMS, HANDS, LEGS, FEET

- Keep operative extremity elevated as much as possible to lessen swelling and discomfort.
- Non weight bearing of operative extremity.

## NORMAL SIGNS/ SYMPTOMS POST PROCEDURE

- "Feelings" of tiredness / mild disorientation
- "Feelings" of nausea or lack of appetite may also experience some minor episodes of vomiting
- "Feelings" of soreness/discomfort/pain, which should be relieved by medication
- "Feelings" of numbness or tingling may last for an acceptable period, depending on your surgical procedure
- "Normal" to have small amounts of drainage at incision sites. See specific instructions on the follow up care.
- "Normal" for an operative site to appear slightly swollen and pink.

## FOLLOW-UP CARE: SPECIFICALLY WATCH FOR:

- Fever over 101 degrees by mouth.
- Increased redness, warmth, hardness and around operative area
- Inability to urinate
- Blood soaked dressing
- Swelling around operative area
- Increasing and progressive draining from surgical area or exam site
- Pain not relieved by medication
- Numbness, tingling, cold fingers or toes
- Persistent nausea and/or vomiting; unable to retain fluids

**Call your Pinnacle Orthopaedics if you have any problems that concern you.**

**IF YOU NEED IMMEDIATE ATTENTION, GO TO THE NEAREST EMERGENCY ROOM OR CALL 911**

**An appointment for your post-op checkup has been made for: \_\_\_\_\_**

**I have received a copy of these discharge instructions:**

**Patient/Responsible adult signature \_\_\_\_\_**