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Procedures

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (Jan 2023) and subject to revision without prior notice.

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Rotator Cuff Surgery – **Discharge Advice**





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.

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).

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.