

Recovery after Shoulder arthroscopy / SAD + Cuff repair – Mr Rao's patients

1. No physiotherapy for the first 3 weeks, just rest in the sling and passive movements/pendulum to reach armpit for personal hygiene.
2. Passive movements in flexion and abduction after 3rd week, active assisted to start at 5/6 weeks.
3. All dressing will be changed on the ward before discharge. Spare waterproof dressings may be given to you to change if the dressing peels off.
4. All normal activity is encouraged after 6 weeks but avoid reaching overhead (shelf) or across (seatbelt) for the first few weeks, use the other arm.
5. When home ONLY SHOWERS, NO BATHS, NO SOAKS till the wound has healed. NO SWIMMING till wounds have healed. If the dressing is soaked/peeling please change it promptly.
6. Please follow the exercise sheet given at discharge
7. Post surgery, an appointment will be made for you to see Mr Rao about 1 or 2 weeks after surgery.
8. There are sutures to remove generally 1 or 2 weeks after surgery.
9. A full explanation of the findings is done, if possible, after the operation but often you may not remember the details hence a full explanation and any pictures taken will be given to you at the follow up consultation
10. Light gym activity and swimming can start at 8 weeks with generally return to full activity at 12weeks.
11. Physiotherapy and other rehab measures are mandatory so that you do not develop wrong patterns of movement.
12. It usually takes about 6-12 weeks for the effects of the operation to fade.
13. Some clicking, swelling, pain and numbness near the keyholes are common and it usually settles with time.
14. Driving is possible as soon as you can handle the car safely, usually 6-8 weeks after surgery. Return to work depends on the work done. Generally office based work may need up to a 3-6 weeks (travel out of the rush hours) or if possible to work from home about 3-4 weeks and if it is manual work involving carrying it can take 12 weeks or more.