



SPECIALISTS IN THE
MEDICINE OF *motion*



David Beard, MD

Joint Replacement Surgery &
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and joint replacement surgery. We encourage you to learn more about Dr. Beard, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



POST-OPERATIVE - ROTATOR CUFF REPAIR

General Information:

- You will be offered a block before surgery; this will give you very good pain control. Sometimes up to 36 hours after surgery.
- Every person's pain level is different; if you feel tingling in your hand or top of your shoulder, get your pain medication in your system.
- You will wake from surgery with a sling abductor pillow on your arm; it will be tight to your body at all times.
- You may remove the sling only to shower and at physical therapy; you will need to assist your arm in and out of the sling.
- You will need to sleep in this device also; usually a recliner or bed with many pillows is your best option.
- If you ever have any trouble with this sling, please call right away.
- Nothing more than a coffee cup can be in your surgical hand; do not rest any item on your wrist.
- Ice will help; sometimes heat in the neck area is beneficial.
- All bandages can be removed 48 hours after surgery; any white steri-strips and or stitches will be left on until post-op.
- No lotion or Neosporin is to be used over this area.
- It is okay to shower without the area being covered. Dry the area well after the shower. You can cover it with dry Band-Aids. Physical Therapy as instructed.
- We do ask that you stop all Advil and like products 5 days before surgery. These can be resumed after surgery along with your pain medication.