

MATTHEW B. HOWARD

M.B., B.S., (Hons) F.R.A.C.S. (Orth) F.A. Orth.A.

ORTHOPAEDIC SURGEON

Shoulder Arthroscopy, Reconstruction & Joint Replacement Surgery

Hip & Knee Reconstruction & Replacement

Arthroscopic Rotator Cuff Repair **Post-Operative Patient Information**

You will be admitted to Hospital on the day of surgery. More commonly arthroscopic rotator cuff repair for my patients represents a day surgery procedure. It is possible however for patients to stay overnight if required. This is often necessary if patients have travelled some distance for their surgery.

Postoperatively physiotherapy will be arranged for you. There is a general physiotherapy protocol which will be tailored to your particular situation, depending on the findings at the time of surgery.

A postoperative sling will be applied in the operating theatre and this is used approximately for the first four to six weeks.

A postoperative visit will be arranged for you at the time of your surgical booking, around about the 10 day mark following surgery for removal of sutures. Further follow up visits are undertaken regularly at about the 6 and 12 week mark following surgery.

Patients can usually return to office work as soon as they are comfortable. In circumstances where employers will not allow a worker to return to their workplace whilst wearing a sling, it would be expected that the patient would need to be off work for approximately six weeks. It is usual that light, manual tasks can be commenced around about 8 to 10 weeks following surgery and heavier duties at about the 14 to 16 week mark following surgery. In addition to this, it is possible to drive but usually this is after the sling is removed at around about the 4 to 6 week mark. Contact sport should be avoided for approximately six months.

If there are any problems following discharge from the hospital please contact Dr Howard at the rooms in Docker Street, Wagga Wagga.