**Instructions for Surgery**

You have been scheduled for a shoulder arthroscopy and rotator cuff repair with Dr. Duquin at the Ambulatory Care Center located at Erie County Medical Center (ECMC). We hope this information sheet will serve as a helpful guide before and after your surgery.

**Preparation for Rotator Cuff Repair Surgery**

**Three weeks before surgery, we will make an appointment for your pre-operative testing at ECMC**. You will undergo blood work, a chest x-ray and an EKG). Please bring a list of your current medications to your pre-operative visit.

**Two weeks before surgery, we will arrange for an appointment with your** **primary medical doctor.**Your primary medical doctor must authorize medical clearance for the surgery. Please discuss with your doctor which of your regular medications you should take with a small sip of water on the morning of surgery and which medications can be skipped that day.

**One to two weeks before surgery, you will have your final pre-operative visit with Dr. Duquin.** During this visit, Dr. Duquin will answer any questions you may have regarding your surgical procedure and rehabilitation. You will also receive final instructions regarding your procedure and the time that you should arrive at the hospital on the day of surgery.

**One week before surgery, you must stop taking any medications that interfere with blood clotting** (aspirin, oral anti-inflammatories such as Advil and Aleve, Coumadin, Plavix and others). Other anticoagulants (Eloquis, Pradaxa) can be stopped within 2-3 days prior to surgery. If you are currently taking an anticoagulant, please let our office know.

Please note

* Your surgery could be cancelled if you have an active infection. If you suspect that you have an infection at any time before your surgery dates, contact our office so we can arrange appropriate treatment.
* Routine dental work is discouraged for 3 months following surgery. Please make sure your dental visits are up to date prior to your surgery.
* Studies show that cigar and cigarette smoking increase the risk of complications during surgery. Smoking interferes with wound healing and tissue recovery. **We strongly encourage you to quit smoking prior to your surgical procedure**. At the very least, we ask that you avoid cigarettes and secondhand smoke at least two weeks BEFORE and four weeks AFTER your surgery. If that is not possible, please refrain from smoking for at least 12 hours before your surgery. If you are interested in quitting, but finding it difficult, please ask your primary care doctor for resources that can help.

**Your Surgery and Hospital Stay**

The surgery will be performed in the Ambulatory Care Center at the Erie County Medical Center (ECMC), 462 Grider Street, Buffalo, NY 14215. You can arrive through driveway #2 and patient parking is available in the Lot in front of the ambulatory care center. A map of the hospital campus is attached for your reference.

* **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** **the evening before surgery**. If you fail to do this, your surgery will be cancelled and rescheduled.
* Please carefully wash your shoulder and underarm region the night before surgery and again on the morning of surgery with an antibacterial soap such as Dial. Please do not apply deodorant.
* Please remove all jewelry prior to arriving the day of surgery -- including rings. Keep all your valuables at home. Only bring with you what is necessary.
* Nail polish may remain on, but please remove any artificial nails.
* Your arrival time is between 2 and 3 hours before the planned time for your surgery. This allows ample time for you to complete the hospital registration. We will confirm the exact arrival time ahead of your surgery.
* Be sure to bring your insurance cards.
* If you have a living will, please bring a copy of it with you. The nursing staff will ask you about resuscitation and your willingness to have a blood transfusion, if needed. If you have a health care proxy, we will also need that contact information.

After you have been prepped for surgery, you will meet with Dr. Duquin and sign a consent form for your procedure. The surgical site will be marked by Dr. Duquin after the consent form is completed.

You will also meet with the anesthesiologist before surgery, who will discuss your anesthesia and ask about your medical conditions. **Please let the anesthesiologist know if you have ever experienced any side effects from anesthesia or pain medications.**

During the surgery, your family can monitor your progress in the surgical waiting room using the computerized tracking system. Dr. Duquin or a member of his team will meet with your family at the end of the surgical procedure to update them on your condition. Your family and friends will see you when you are awake and ready to go home typically 1-2 hours after surgery.

Your arm will be in an immobilizer when you wake up from surgery. The nursing staff will instruct you and your family members on how to apply and remove the immobilizer.

Icing the shoulder helps with pain and swelling. There are ice machines available that pump cold water through a cuff that is placed over your shoulder. This device may or may not be covered by your insurance. The device can be applied after your surgery if you wish but we encourage you to check with your insurance carrier to see what your coverage is and how much your financial responsibility will be for the device.

**When You Get Home**

Please keep your surgical dressings intact after you go home. It is important that the incision remain clean and dry. Do not shower for 3 days. You may remove the dressing on the 4th day and allow the incision to get wet in the shower. Avoid submerging your shoulder in a bath tub or swimming pool for at least 3 weeks.

The incision is closed with absorbable sutures and sealed with surgical glue. The steri-strips over the incision will typically fall off within 1-2 weeks after the surgery.

If there is any active drainage from the incision, redness, or if you have other concerns about the surgical incision please contact Dr. Duquin’s office.

The shoulder immobilizer must be worn for 6 weeks after the surgery. You may remove your immobilizer during the day for hygiene, dressing and to perform dangling exercises with the arm. Please avoid active use of the arm when out of the immobilizer to avoid damaging the soft tissue.

Prescriptions for pain medication, stool softeners and aspirin will be sent your pharmacy at the time of your discharge. Pain medications should be used only as needed. Most patients start to wean off the medications within a few days after the surgery. Most of our patients no longer need pain medication at 2-3 weeks after surgery. Prescription pain medications are not prescribed by our office after 8 weeks following the surgical procedure.

You will not be able to drive while in the immobilizer or while on pain medications.

**Post-Operative Follow-Up:**

**Your post-operative visit will take place 1-2 weeks after surgery** **with Christine Ehrensberger, Dr. Duquin’s physician’s assistant.**  She will provide instruction on home exercises that you can start to perform including pendulum exercises, along with elbow, wrist and hand range of motion exercises. In most cases you will not be allowed to use the arm for any active range of motion for 6 weeks after the surgery.

A formal physical therapy program will be initiated at 4-6 weeks after the surgery. We will provide you with a prescription and instructions for your therapist. We encourage you to use one of the therapists that we work with on a regular basis. A list of therapists that we regularly work with is available from our office.

Follow-up visits after rotator cuff repair are at 6 weeks, 3 months and 6 months. If you are not fully recovered at 6 months, we may see you for additional follow up at 1 year.

**Avoid any invasive procedures such as dental work, a colonoscopy or urinary tract procedures for 3 months after surgery**. This is due to the risk of infection. If an emergency procedure is needed, you must take antibiotics before the procedure to prevent infection.

We use an electronic questionnaire, called OBERD, to help us improve your health. Be sure to check your email inbox for a message from our office about OBERD. Filling out the questionnaires at home prior to your appointments makes your follow up appointment more efficient. These questionnaires are important for us to be able to track how you are progressing through your rehabilitation after surgery and beyond. If you do not complete the forms at home, we will ask you to do so at your follow up appointment in the office.

Restrictions

**0-6 weeks:** Immobilizer, no lifting or use of arm.

**6-12 weeks**: Use arm for light activity (less than 1-2 pounds).

**After 3 months**: You can start lifting 5-10 pounds and progress with activities, as tolerated, over the next 6-8 weeks to full activity.

**Lifetime restrictions**: No restrictions once fully recovered from rotator cuff repair. We do recommend continuing a rotator cuff exercise program to maintain the health of your rotator cuff for the rest of your life.

If you have any additional questions, or if you wish to speak to a patient who has had a rotator cuff repair by Dr. Duquin please contact our office at: 716-898-4426.

**Medication list for:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Medication Name | Dosage | How often do you take it? | Why do you take it? | Any problems with taking the medication? | Doctor that ordered the medication | Date it was started |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**Please list all medications taken regularly and as needed above**

­­­­­­­­­­­­Allergies: (include medications, food, environmental and type of reactions):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pharmacy I use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pharmacy phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Common Aspirin-Containing or Aspirin-Like Substances

Arthrotec Disalcid Lodine Telectin

Advil Duralgesic Lovenox Toradol

Aspirin Ecotrin Methotrexate Triaminicin

Aleve Effient Midol Vitamin E

Alka-Seltzer Equagesic Motrin Voltaren (Diclofenac)

Anacin Etodolac Mobic (Meloxicam) Tart Cherry

Arthritic Pain Formula Feldene (Piroxicam) Naprelan

Ascription Finoinal Naprosyn

Bayer (Aspirin) Fish Oil (Omega 3) Naproxen Sodium

Bufferin Garlic Tablets Norgesic

Butazolidin Ginger Tablets Nuprin

Celebrex Gingko Bilboa Orudis

Clinoril Ginseng Percodan

Coriciden Glucosamine Persantin

Chondroitin Humeria Plavix

Darvon Ibuprofen Relafen

Daypro (Oxaprozin) Indocin Sine-Aid